

otoplasty (ear plastic surgery) instructions



Before your surgery:

Please follow all the preoperative instructions outlined in the General Preoperative Instruction Sheet carefully. Avoid any aspirin-containing or aspirin-related products as well as herbal medications and nutritional supplements as outlined in the Preoperative Instruction Sheet. *Also, you should purchase a light headband for you to wear after surgery as instructed below.*

After your surgery:

- 1. The day after surgery, the dressing placed around your head will be removed, and either another dressing will be applied for an additional 24 hours or you may begin wearing your headband. Dr. Lam will decide which will be better for you at that time.*
- 2. A dissolvable type of suture has been placed behind your ears. This area will need to be cleaned 2 to 3 times per day with q-tips and hydrogen peroxide. After the area behind the ears has been cleansed with hydrogen peroxide, the antibiotic ointment (Bacitracin or Neosporin) should be applied with a q-tip for the first postoperative week. If the suture does not entirely dissolve after 14 days, Dr. Lam can gently remove any remaining sutures.*
- 3. For the first three days following surgery, your face may be washed with warm water and gentle soap. After the dressing has been removed, the hair may be gently shampooed, as long as you are careful in and around the ears. It is advisable to reapply the antibiotic ointment after you have shampooed your hair each time for the first week.*
- 4. The headband that you purchased before surgery should be worn after the dressing has been removed for the first week both during the day and at night. After the first week, you should wear the headband only at night when you sleep. You must continue to wear your headband at night for the next 5 weeks (total of 6 weeks since surgery).*
- 5. Avoid any contact sports or activity that may push or traumatize your ears for a minimum of 3 months following surgery.*