



Lam Facial Plastics Surgery Center

Otoplasty Discharge

- Expect bleeding on the dressing due to drains. You may have to reinforce dressings if they become saturated. Make sure to wear dark color clothing and protect your pillow with a dark colored towel.
- You will return to the office for follow up appointments the day and one week after your procedure.
- Remember to wear a dark colored, button up shirt the day of surgery and the day after surgery to your follow up visit.
- During surgery, your ears will be wrapped with a bulky dressing. You are to keep this in place until you return the day after your surgery for your follow up appointment with Dr. Lam.
- Please purchase in advance, and bring with you to your visit, a sports headband approximately 2 inches wide to wear continuously for one week after your surgery.
- After the first week of continuous wear, you will not be required to wear the headband during the day but will need to sleep in it every night for five weeks.
- You may shower the evening after your first post-operative visit.
- Avoid any contact sports or activity that may push or traumatize your ears for a minimum of 6 months following surgery.
- **No swimming for 6 months.**
- It is normal for your ears to swell, but not for them to become reddened or itchy. Please contact Dr. Lam if you experience redness or itching.
- Do **NOT** use peroxide on you incisions.
- **If you notice yellow/green drainage, pus filled bumps, fever over 100.4, severe pain or bleeding that isn't controlled with 5 minutes of light pressure, please notify our office immediately.**

If you have any questions or concerns, please call Dr. Lam at:

Monday – Friday, 8:30am – 4:30pm

Office: 972-312-8188

After Hours

Answering Service: 972-280-7461

Patient Signature: _____ Date & Time: _____

Witness Signature: _____ Date & Time: _____

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