

Robert W. Sheffield, M.D.
Adam D. Lowenstein, M.D.
Aesthetic Plastic and Reconstructive Surgery
1110 Coast Village Circle
Santa Barbara, California 93108
805/969-9004

OTOPLASTY INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Bed rest with at least 2-3 pillows under your head for the first 48 hours.
3. You may go to the bathroom with assistance as needed.
4. Take medications according to instructions on containers. If you are taking pain medication that makes you feel drowsy, have someone else give you your medications at the proper time intervals. Under such circumstances, you could forget and take them too often.
5. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.
6. You will have a head dressing and drains in place. The drains are usually removed 1-2 days after surgery.

Call the office if you have any of the following:

1. Severe pain not responding to pain medication.
2. Other questions or problems.

Additional Instructions:

1. Avoid smoking for 48 hours after your surgery to prevent coughing and possible bleeding.
2. Do not do any heavy lifting for 2 weeks after surgery.
3. Do not lean over with your head lower than your chest.
4. You may bathe or shower the first day after surgery, keeping the dressing dry.
5. Avoid prolonged exposure to the sun and/or heat for 1 month to avoid swelling.
6. No sports or strenuous activities for 2 weeks following surgery, including exercise walking.

2 - Otoplasty

Follow-Up Office Visits:

1st visit: 1-2 days after your surgery. Since drains will be removed at this time, please take your pain medication 1 hour prior to your appointment and have someone drive you to the office.

2nd visit: 1 week after surgery. Head dressing and sutures will be removed, and hair will be washed at that time. Please bring shampoo and conditioner.

Subsequent visits will be determined by Dr. Sheffield/Dr. Lowenstein. Post operative photographs must be taken during one of these visits.