



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
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OTOPLASTY (EAR CORRECTION)

PRE/POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Prepare your skin for 3 weeks before surgery with Dermalac Lotion and Vitamin A, C & E Body Oil from Environ.
- If you are a smoker – NO SMOKING for 3 months prior to surgery.

POST-OPERATIVE INSTRUCTIONS

- Get plenty of rest.
- The combination of decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet. Be sure to increase fluid intake. A good stool softener, such as Movicol, may be used.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Usually you will be up and about a few hours after surgery.
- Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Return to work/school in 5 days after surgery, depending on your circumstances.
- You may resume full social activities in 5 to 10 days.
- Avoid any activity (e.g. contact sports) in which the ear might be bent for at least 3 months. Always speak to your doctor about this.

INCISION CARE

- ‘Helmet’ dressing – a headband (available at Clicks or Dischem) – must not be removed for 7 days post-operatively.
- Avoid exposing scars to the sun for at least 12 months.
- Always use sunblock – regardless of the weather – if you plan to go outdoors or not.
- Keep incisions clean and inspect through Micropore daily for signs of infection or oozing.
- DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.
- You may shampoo your hair once the ‘helmet’ is removed.

- You may follow your usual skincare routine – taking care not to apply any creams containing Vitamin E on the incision areas.
- ScarScience, available from the therapists, should be applied from 6 weeks post-operatively, on the incision directly for 3 months.

WHAT TO EXPECT

- Temporary throbbing and aching in the first hours post-operatively.
- Large pressure dressings and bandages are applied around the ears and head, like a helmet.
- Some swelling and bruising may last 10 to 14 days.
- Some numbness may exist around the operative areas.
- Tenderness could last up to 3 months.

FOLLOW-UP CARE

- All sutures are removed, or will dissolve in 1 to 2 weeks.

WHEN TO CALL

- If you have increased swelling or bruising beyond 72 hours post-operatively.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 37°C.
- If you have any drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za