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TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
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OTOPLASTY (EAR CORRECTION)

PRE & POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Please advise the doctor if you are taking any blood thinning medication (e.g. Warfarin, Disprin, Aspirin, etc.)
- This will need to be discontinued prior to surgery as per your doctor's instructions.
- Uncontrolled high blood pressure raises the risk of bleeding complications in all forms of surgery – please ensure your blood pressure is well controlled prior to your surgical date.
- DO NOT take any of the following medications prior to surgery:
 - Anti-inflammatories (e.g. Brufen, Ibuprofen, Myprodol, Voltaren, etc.)
 - Homeopathic medications (e.g. Arnica, Rescue Remedy, St John's Wort)
 - Vitamin E (oral or topical)
- Prepare your skin for 3 weeks before surgery with Dermalac Lotion and Vitamin A, C & E Body Oil from Environ.
- Take a bath or shower with antibacterial soap (or Bioscrub/AcuSanX) on the morning of your admission.
- Hair should be washed the night before or morning of your admission to hospital.
- Wash your face thoroughly with antibacterial soap on the morning of your admission to hospital.
- Do not apply day cream or make-up.
- Regardless of whether you are having a general anaesthetic or conscious sedation – you should not eat or drink anything for 6 hours prior to surgery.
- If you are a smoker – NO SMOKING for 3 months prior to surgery.
- Bring comfortable cotton underwear.

POST-OPERATIVE INSTRUCTIONS

- You will need someone to drive you home after your surgery and help you at home for 1 to 2 days.
- You will need plenty of rest.
- 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 your fluid intake.
- 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.
- You can return to work/school in 5 days after surgery, depending on your occupation.
- You may resume full social activities in 5 to 10 days.
- Avoid any activity, such as 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 must not be removed for 7 days.
- Avoid exposing your 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 wash 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/Scar Repair, available from MASC Laser Clinic, should be applied from 6 weeks post-operatively and directly on the incision for another 3 months post-operatively.

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.

APPEARANCE

- Usually there will be a faint scar behind the ear, but this will eventually fade.
- Do not expect both ears to match perfectly, as perfect symmetry is unlikely and unnatural in ears.

FOLLOW-UP CARE

- All sutures are either removed or they will dissolve in 1 to 2 weeks.
- ScarScience must be applied on the incision from 6 weeks post-operatively to help with the prevention of hypertrophic and keloid scarring. It should be used at least 3 to 6 months post-operatively.

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 and vomiting.
- If you have an oral temperature over 38°C.
- If you have any drainage from the incisions or notice an 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