

POSTOPERATIVE INSTRUCTIONS

OTOPLASTY

Your return home

You may eat and drink as you like, depending on your tolerance. Stay well hydrated.

Si vous présentez des nausées, vomissements et/ou douleur, référez-vous à la prescription qui vous a été remise avant la chirurgie et utilisez la médication appropriée.

If you feel nauseous or experience vomiting and/or pain, refer to the prescription that was given to you before the surgery and use the appropriate medication.

Try to sleep upright in a 45° position for the next 2 days. It is best to remain seated upright rather than lying down.

You will keep your bandages for 4 to 10 days depending on the recommendation of your surgeon. This bandage will protect your ear from blows and will prevent the accumulation of fluids under the skin.

Once the bandage is removed, you may take a shower using a gentle shampoo and mild cleanser.

You will also need to wear a light headband over your ears at night for the next 3 weeks to prevent your ears from turning forward.

Avoid exposing any bruised areas to the sun until the bruises disappear.

We recommend starting to massage the scars 3 to 4 weeks after the surgeries. The massages can be continued for a year.

Avoid physical activity, contact sports, and any direct trauma to the outer ear for a period of 3 weeks.

For any questions or concerns please do not hesitate to contact us at the clinic during opening hours or on the emergency cell phone number that was given to you.