

Post-Operative Instructions / Otoplasty:

Typical symptoms and signs to watch for following Otoplasty include:

Swollen; red ears. A firm feeling or tingling of the outer ear(s). These are normal experiences as the skin, tissue and sensory nerves heal. Pain medication will help you cope with any discomfort.

Consistent sharp pain should be reported to our office immediately.

To alleviate any discomfort, and to reduce swelling, you may apply cool (not cold) compresses to your ears. Do not apply ice or anything frozen directly on the skin. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply any compress gently; do not apply any pressure, this could injure ears. Apply cool compresses for no longer than 20 minutes intervals. Do not apply any heat.

Call the office immediately if you experience any of the following.

- ✧ **A high fever, (over 101 degrees) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- ✧ **Any pain that cannot be controlled by your pain medication.**
- ✧ **Excessive bleeding or fluid seeping through the incisions.**
- ✧ **A severely misshapen appearance, excessive bruising or fluid retention that is localized to one side of the face or head.**

Dressing.

You may be wearing a dressing, ace wrap or similar compression around your head to support your ears as they begin to heal in their new position and/or shape. Following the directions you are given explicitly for wearing this dressing. **It is important that dressing not be removed or dislodged for any reason, except with explicit instructions from Dr. Gracia. Do so may significantly impair the outcome of your procedure.**