SURGICAL SERVICES

Post-Operative Instructions

# Otoplasty Surgery

PAIN:

You may experience some discomfort after surgery. Your surgeon has prescribed medication for pain relief; please take as instructed.

OPERATIVE SITE:

You will have a large gauze dressing which wraps around your head. Do not remove this dressing. It will be removed by your surgeon at your follow-up appointment.

ACTIVITY:

Resume regular activities as tolerated but take frequent rest periods. Your surgeon will advise you at your follow-up appointment when you can resume a regular exercise program. You can have a bath or shower when you wish, but be very careful **NOT** to get the dressing wet. You will not be able to wash your hair until the dressing is removed by your surgeon at your follow-up appointment.

DIET:

Resume your regular diet. Increase the fibre in your diet and drink plenty of fluids to help prevent constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

You may also purchase an over the counter stool softener like Colace™ or a mild laxative if needed.

FOLLOW-UP:

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**Call your surgeon immediately or go to the nearest Emergency Department if you have any of the following:**

* Severe pain
* Bleeding
* A large amount of drainage on the dressing
* Elevated temperature (38ºC or 100.4ºF) and/or chills lasting more than 24 hours

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.