

**OTOPLASTY POSTOPERATIVE INSTRUCTIONS**

- **Apply cold compresses intermittently for 12-24 hours following surgery.**  
Cold compresses are made with small (snack or sandwich size) plastic bags filled with crushed ice or frozen peas/corn. Cold compresses are most important the first 12 hours, but may be continued up to 24 hours. Use cold compresses by placing them over the ears for 20 (twenty) minutes and then off for 20 (twenty) minutes. The compresses may be discontinued while the patient sleeps.
- Take medications as prescribed.
- For the **first week** sleep with your head elevated 30 degrees or more (two or three pillows).
- Avoid bending over or lifting heavy objects for 7-10 days.
- Restrict salt in your diet for 7 (seven) days.
- Questions regarding medications contact our office or speak with the doctor at your post-operative appointments.
- You may shower and gently wash your face and hair the day after surgery. Please keep the bandages as dry as possible. You may find it helpful to use a shower guard that allows hair to be washed without getting water on the face or ears.
- Please call our office if you are experiencing significant discomfort or notice drainage or increased swelling.
- Be certain to return for all your follow-up appointments.
- Be patient during your healing process. It takes time to heal and recover.

***If you have any questions, please contact my office.***

**Main phone: 503-581-1567**

**Director of Facial Cosmetic: 503-566-4902**

**When the office is closed: 503-581-1567**