

ASSOCIATES IN PLASTIC SURGERY
OTOPLASTY
OUT-PATIENT SURGERY
POST-OPERATIVE INSTRUCTIONS

1. Use your medication as ordered
2. Call your doctor if you notice any excessive, swelling, bleeding or soreness, particularly if you notice the difference in only one area.
3. It is important that you stay quiet for the next 24 hours, as excessive activity may cause bleeding to occur.
4. Sleep on three or more pillows. This will help decrease soreness and swelling. Elevating the affected area will be less helpful to you after the first few days after surgery. If you are unable to rest comfortably in an elevated position, then assume whatever position will allow you to rest. Rest is important.
5. You may not sleep on your side. This will cause excessive pressure on your ears.
6. Keep your dressings dry and intact until you see your doctor.
7. You may drink liquids when you arrive home. By evening you may have a light meal.
8. Do not drink any alcohol beverages-beer and wine included- for 48 hours. They do not mix with anesthesia and may make you very sick.
9. Do not drive your car or do anything that requires your coordination for 48 hours. The medication and/or anesthetic agents may interfere with good judgment.
10. Do not smoke after surgery.
11. Patient must not be left alone for 24 hours.
12. Do not hesitate to call the doctor's office at 491-3535 if you have any questions about your surgery. The nurse will be glad to assist you in any way possible. If it is necessary for you to contact a doctor after 5:00 PM, when the office is closed or on the weekend, please call the doctor's answering service at 491-3535 and the physician on call will be contacted to assist you with any problems or questions.
13. Return appointment:_____

The above postoperative instructions have been explained to me by _____
and I completely understand them insofar as possible.

Signature

