

CENTER FOR PLASTIC & COSMETIC SURGERY
GREGORY M. FEDELE, MD, FACS
PHONE: (216) 464-1616

EAR PINNING SURGERY (Otoplasty)

You are about to undergo an otoplasty procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or address concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

PRE-OPERATIVE INSTRUCTIONS:

This procedure lasts approximately 1-1/2 to 2 hours. You will spend about 1-1/2 to 2 hours in the recovery room. You will be discharged home when stable.

You must have someone drive you home and stay with you during the first 24-hours following the surgery.

Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for 4 weeks prior to the surgery.

If you are a smoker, you should stop smoking at least 4 weeks prior to the surgery and for 4 weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.

Doctor Fedele can have your prescriptions for you prior to your surgery so that you can get them filled before the day of your surgery. This will make it easier for you immediately following the surgery and save any running around to fill prescriptions after your surgery.

DAY OF SURGERY EXPECTATIONS:

Discomfort after the surgery is controlled with pain medication.

Narcotic pain medications can sometimes cause constipation. An over-the-counter stool softener (Colace) is recommended if you are prone to this.

Some nausea is normal in the first 24-48 hours following surgery. The surgery center can give you something prior to leaving. However, if you continue to experience nausea or vomiting, please contact the office to obtain a prescription for anti-nausea medication.

White Band-Aid strips called steri-strips, along the incision, behind the ear can remain in place until they peel off or until your first postoperative visit. Do not attempt to remove these on your own. Any other dressing on the operative site should be changed within the first day.

You will have swelling around the entire ear and you may apply ice to this area, approximately 20 minutes per hour. Be sure not to have ice directly contact the skin.

It is best to sleep with your head elevated on pillows to help with the swelling.

RECOVERY EXPECTATIONS

Week 1

You may shower the day following surgery or discharge from the hospital. Soaking in a tub is not permitted until 2 weeks after the surgery. Do not rub the incisions; rather allow the water to flow over the incisions. Do not remove the steri-strips. It is okay to get the steri-strips wet. You may experience oozing from the incision, this is normal. Apply dry gauze over this and change this dressing as needed.

Do not drive while on pain medication. You may resume driving when you are off all pain medication.

Try Motrin (600 mg) every 6 hours as needed for pain in place of narcotic prescription pain medication when pain has decreased.

The swelling can persist for 2 to 4 months but your ears will become softer and more flexible eventually.

Make an appointment with our office within the 5 to 7 days after the surgery to have these dressings removed. At that time we will remove the steri-strips and any sutures, if you have any, and give you further instructions.

You will likely have significant swelling and bruising, especially in this first week.

Week 2 and Beyond

Expect some bruising and swelling to continue through two weeks. The swelling can last up to 4 months or longer.

You will likely be returning to regular lifestyle including lifting and sports activities within two to four weeks as your body allows.

Walking is okay within the first 2 weeks, exercise within 2 to 4 weeks.

Some decreased sensation on the ears is normal. This may persist for 3 weeks to 3 months but will likely return to normal.

PRECAUTIONS

If you have any questions or are unsure of your postoperative recovery, please call the office for instructions. If you experience any of the following, please call the office immediately and have the answering service contact Dr. Fedele: extreme pain, fever, chills, significant swelling only on one side or one side is twice as hard as the other, or a "hot-to-touch" sensation, significant redness.