



OTOPLASTY CARE INSTRUCTIONS

These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions it may increase your risk of possible complications and compromise results of the procedure.

WHAT TO EXPECT AFTER SURGERY	
HOSPITAL STAY	An Otoplasty operation is normally a day surgery procedure (unless otherwise discussed with Dr Doyle prior to your surgery) therefore you will leave hospital the same day.
HOSPITAL RECOVERY & DISCHARGE	After your surgery you will wake in recovery. When you awake you will have a bandage covering your forehead and ears, this will be well taped in position and needs to stay dry and intact until your first post op visit in our rooms. Your time spent in recovery will depend on the length of procedure and how you have responded to the surgery and the anaesthesia. The nurses will monitor you during this time and your discharge will be at the discretion of the hospital staff. Once they feel you are fit to be released, they will call your nominated person to collect you (as you will be unfit to drive).
PAIN RELIEF	You will be given a script for pain medication and for anti nausea to take home with you. Your Anaesthetist will provide you a full list of instructions. Any medications you have been prescribed can be collected from the JFH pharmacy.
PAIN LEVEL	Expect your ears to have pain, swelling and bruising. Maximum discomfort will occur in the first few days. The recovery time varies between patients although the majority will subside in 6 to 8 weeks.
SUTURES / DRESSINGS	Most of the sutures are dissolvable which can take a few weeks to dissolve. Although you will have a few non-dissolving sutures that will be removed by our nurse during your first review appointment.
	The large dressing around your head is to remain DRY and INTACT until you attend your first review appointment with our nurse. However it is important to maintain hygiene, please shower as normal from your neck and below.
POST OP APPOINTMENTS	All future nursing appointments will be booked in advance and prior to your procedure. This will be given to you when you leave hospital (see Post Op appointment information in full on page 2).



WEEKS FOLLOWING SURGERY	
GCPS POST OP APPOINTMENTS	The standard review appointments following an Otoplasty are as follows:
	1. Approximately 5 days following your surgery you will be seen by our nurse. During this visit your bandages will be removed and the non-dissolving sutures on the front of the ear removed. All other sutures will dissolve over time.
	2. Approximately 6-week post-surgery at your review with Dr Doyle you will be given a sample of Strataderm for further scar care.
	3. All appointments following this vary slightly between patients. However review appointments are quite common approximately 3 months and 6 months post surgery. During one of these visits, you will have photographs taken you're your medical records.
HOME CARE	For comfort and reduced swelling sleep with your head raised on 1 to 2 pillows for as long as swelling persists.
COMPRESSION GARMENT	You are required to wear a bandage or firm sweatband over your ears at night for a total of 4 weeks post surgery (6 weeks for children).
SCAR CARE	<p>If you have concerns with potential scarring behind your ears and would like to maximise healing and scar management, Dr Doyle's recommended topical scar treatments Strataderm.</p> <ul style="list-style-type: none">• STRATADERM - Commence using approximately 6-weeks post-surgery, you will be given a sample to use until completed.<ul style="list-style-type: none">○ Follow manufacturer's directions of use. It is recommended as a minimum treatment to continue daily applications for 60 – 90 days until satisfied and no further improvement is seen.○ Once your sample has been used this product may be repurchased from our friendly reception team.



RETURNING TO DAILY ACTIVITIES

EXERCISE / ACTIVITY	Start walking as soon as possible because this helps to reduce swelling and lowers the risk of blood clots.
	Allow yourself at least 1 to 2 weeks to recuperate before returning to non-strenuous work. No bending, lifting over or straining during this time. Most patients may resume light exercise 3 to 4 weeks after surgery.
	Strenuous exercise is restricted for 6 - 8 weeks as it may cause increased swelling, bleeding, which may lead to disruption of the healing process. These include activities such as upper body weight training, push-ups and running.
SWIMMING & SUN EXPOSURE	Your scars will be reddened for about 12 months, then should start to fade and soften. Avoid exposing scars to the sun. If the sun is unavoidable, always apply sunscreen.
	No ocean water or pool water for 3 weeks post surgery or until your wounds are fully healed.
DRIVING	You are not allowed to drive for the first 24 to 48 hours post anaesthetic. We advise you refrain from driving until you are able to operate your car in a safe manner and when you are no longer taking any narcotic medications.

CONTACT INFORMATION

If you have any concerns regarding your care please see our website for care information. Alternatively do not hesitate to contact our rooms on (07) 5598 0988. If the rooms are unattended and you are unwell and need medical attention please seek treatment at your GP, an Emergency Department of your choice or call 000.