



Laser & Cosmetic Surgery Specialists, PC
Ran Y. Rubinstein, MD

Post-Operative Instructions for Otoplasty

IN CASE OF AN EMERGENCY

1. During business hours: call the office @ **845-863-1772**
2. After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
3. **Avoid** going to the emergency room without contacting the office first for further instructions.

No HOT, WARM or COLD compresses.

You can expect:

- 1) Moderate discomfort-which should be helped by the pain medications
- 2) There may be some bloody drainage on the dressings

Call the office if you have:

- 1) Severe pain not responding to pain medication especially if the pain is more on one side.
- 2) Swelling that is greater on one side than the other
- 3) If the bandages seem too tight
- 4) Incisions that are red or feverish
- 5) If you have a fever
- 6) If any other questions or problems arise

No smoking for the first 7 postoperative days. After the dressings are removed it is requested that you shower and gently shampoo your hair daily. Dry hair with a towel or cool hair dryer. Be careful not to pull on the ears. You may drive once off the pain pills and when you experience no pain with this activity.

Once the dressing is off, it will still be necessary to wear a wide head band over the ears at night for 6 weeks to prevent pulling them forward inadvertently when turning over during sleep. Do not use a hot tub for 4 weeks. Limit lifting, pulling or pushing for 10 days. Avoid sports or strenuous activities for 6 weeks. There may be some numbness in the ears, but this usually returns to normal with time. If there is any numbness in the ears, do not wear earrings until sensation becomes normal.

Patient/Family Signature

Nurse Signature

Ran Y. Rubinstein, MD

Date