

OTOPLASTY

PAIN CONTROL & ANTIBIOTICS

Keep your head elevated above your heart for the next two days. This will help reduce swelling and pain

The freezing will wear off in approximately 2-6 hours. Take pain killers as necessary. Extra-strength Tylenol or ibuprofen relieves most people's pain. Use the prescription painkillers as directed if necessary.

DRESSING CARE

Keep your dressing clean and dry. DO NOT REMOVE IT. DO NOT GET IT WET. To shower use a large shower cap that fully covers the whole dressing. A bath is also fine.

If the dressing feels too tight (especially on one side) and you notice bleeding, call the office or go to the nearest emergency department. Furthermore, if you notice an increase in swelling, redness, discharge, or pain greater than what you would expect, please contact my office or your family doctor, or go to the nearest emergency department.

FOLLOW-UP & RECOVERY

Call the office at 604-589-6021 today or tomorrow to make an appointment for 10-14 days from now.

The bandage will be removed after 10-14 days. Please bring an exercise head band then. You will wear the head band around the clock for two weeks after that visit. For the final two-week recovery period, you will wear the head band while sleeping or playing sports.