



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

Otoplasty Post-Op Instructions

1. Arrange to have someone at home with you during the first **24 hours** post-operatively and have them **review** these instructions.
2. You may remove the dressing after 24 hours and shower. Let the soap and water run behind your ears, and blot dry behind the ears with a towel. You can use a hair dryer on a cool setting and replace the headband garment. You may be numb behind the ears initially and could burn with a hot blow dryer. **Continue to wear a headband for 4 weeks even when sleeping.**
3. Expect bruising and slight swelling. **Call immediately if there is painful noticeable swelling.**
4. No lifting more than **20 pounds for 4 weeks. No exercise or anything strenuous for 4 weeks. You may walk leisurely only.**
5. You may experience **moderate pain** for 3-4 days. You have been given a prescription for narcotic pain medication to take **as needed**. You may take **1 pain pill every 4 hours or 2 pain pills every 6 hours as needed for pain with food; DO NOT take these with Tylenol.** These medications may make you drowsy. Do not drive a car while taking these. **Do not take Advil/Motrin/Aspirin/Aleve/Excedrin for 3 days. After 3 days, you can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food.** If you are less than 18 years of age, refer to dosing information on the label. Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease.
6. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well-balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins.** You may also experience constipation from the pain medication. Try eating high fiber foods and drinking lots of water. You may also use OTC remedies such as laxatives, fiber, stool softeners, or enemas as needed.
7. Do not lay in bed for extended periods of time. Get up and move around every 2 hours to improve circulation. It is important to stay well hydrated.
8. ***** Please have whoever is caring for you read these instructions*****

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call **515-221-9999**, and Dr. Robbins will return your call.