

# Otoplasty (Ear Surgery) Post-Operative Instructions

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## **What is Otoplasty?**

Otoplasty is a surgical procedure used to reduce large or protruding ears by setting the ears back closer to the head as well as molding, shaping and/or removing cartilage. This procedure will not affect your hearing because it involves only the outer ear, not the middle or inner ear where hearing takes place.

## **What changes to appearance can I expect after the surgery?**

After otoplasty surgery, there will be sutures (stitches) behind your child's ears. He will also have a dressing wrapped around his head. This dressing is to stay in place for 3-4 days. It will be removed in clinic.

## **How will I take care of the wounds?**

After your child has their head dressing removed in clinic, they will begin the "head-band protocol". This involves wearing a headband **at all times** for the first 3 weeks after surgery. After that they will wear the headband at bedtime and when engaging in any physical activities for the next 3 months. After that time they will be required to wear the headband during sporting events and vigorous physical activities for the next 8-9 months. The sutures (stitches) on your child's ears will be dissolvable. You will be asked to bring a headband to your post-operative visit. It is often helpful to have 2 or 3 headbands for your child so they may be washed often. **Care must be taken to avoid trauma to the ears.**

## **How will I manage pain at home?**

By the time your child is ready to go home from the hospital they should not have much discomfort. The doctor may suggest a mild pain relief medication if

needed. Try Tylenol® alone first. If your doctor prescribes Tylenol® with Codeine make sure your child takes it with food to prevent stomach upset.

### **What will my child be able to eat?**

There are no dietary restrictions after otoplasty surgery.

### **When will my child return for a follow-up appointment?**

If you did not receive an appointment when your child is discharged, please call the office at the number listed below to schedule. The children are generally seen 3-4 days after surgery to have their head dressing removed.

### **When should I call the doctor?**

**Call us if your child has any of the following signs or symptoms:**

- Signs of infection including bright redness or pus-like drainage, swelling, or oral temperature over 100.5°F
- If your child has persistent pain without relief from pain medication

### **What is the contact information?**

If you have any question, problems or concerns call the Pediatric Plastic Surgery clinic from 8-5:00pm Monday thru Friday, 734-763-8063. After 5:00pm or on the weekends if you have urgent issues call hospital paging at 734 936-4000 and ask the operator to page the Plastic Surgery Resident “on call”.

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