

# Care Instructions After Otoplasty

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## What can I expect after my child's otoplasty?

- Your child will have stitches behind their ears. These will dissolve over time and do not need to be removed.
- Your child will have a dressing wrapped around their head. This dressing will stay in place for 3-4 days, and we will remove it in clinic at their follow-up appointment.
- Once we remove the dressing from your child's head, they will be on a "headband protocol." Read the details about this below:
  - For the first **6 weeks** after surgery, they will wear their headband all day and night (except for showering or bathing).
  - After 6 weeks, they will wear the headband for **6 months** while playing sports and sleeping.
  - It is helpful to buy 2-3 headbands so you can wash them often.

## What pain medications will my child be taking?

- We will prescribe acetaminophen (Tylenol®) and ibuprofen (Motrin®) to help manage your child's pain after surgery. You should give these medications around-the-clock (except for when they are sleeping) for about 3-5 days after surgery. **Around-the-clock** means you will give them throughout the day on a set schedule. Give them these medications together every 6 hours (for example, you can give doses of both Tylenol® and Motrin® at 9:00 AM, 3:00 PM, and 9:00 PM).
- We will also prescribe oxycodone for pain control. You should only give them this if their pain is not being controlled by the acetaminophen and ibuprofen.

## **What activities should my child avoid after surgery?**

- Your child should not play contact sports (football, hockey, etc.) for 6 weeks after surgery.
- Your child can bathe or shower after surgery, but make sure they don't get the headwrap dressing wet.

## **When should I call the Pediatric Plastic Surgery clinic?**

Call the clinic:

- If your child has any extreme swelling or bruising
- If your child has pain that is not going away and is not relieved by the pain medications
- If you notice symptoms of infection, such as:
  - Bright redness around the incision site
  - Thick, pus-like drainage (leaking fluid) from the incision site
  - Fever (a temperature greater than 100.8° F)

## **What is the contact information for the Pediatric Plastic Surgery clinic?**

- Between 8:00 AM - 4:30 PM Monday through Friday, call (734) 998-6022 or send us a message through the online patient portal ([MyUofMHealth.org](http://MyUofMHealth.org)).
- For urgent issues after 4:30 PM or on weekends, call the hospital at (734) 936-4000. Ask the operator to page the on-call pediatric plastic surgeon.

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