



ARMANDO J. ALFARO, M.D., FACS

PLASTIC & RECONSTRUCTIVE SURGERY

OTOPLASTY AFTER CARE INSTRUCTIONS

- 1. After surgery, you will have a compression dressing around the ears that needs to be worn for one week. Dr. Alfaro will remove it after one week. At that time you will need to wear a broad athletic headband (day and night) that covers the ears for 3 more weeks. This is especially important at night to protect the ears.**
- 2. After your dressing is removed, you may shampoo your hair with baby shampoo. Your hair may be dried with a blow dryer on a cool, not a hot setting, to protect any possible numb areas from getting burned.**
- 3. Keep your head elevated on 2-3 pillows while in bed.**
- 4. Avoid straining of any kind for the first 48 hours. Avoid strenuous activity for the first month.**
- 5. Children can go back to school after seven days, and should be careful about playground activities and should avoid any gym activities.**
- 6. Some soreness, aching, or throbbing is routine after surgery. You will be prescribed pain medication following surgery. Take the pain medication as needed.**
- 7. You can expect some swelling of the face and ears after surgery. If the swelling on one side is more pronounced than on the other side or if you are having pain which is not relieved by pain medication please call Dr. Alfaro.**
- 8. Do not wear pullover clothing or hairpieces for 3 weeks, to avoid disruption of your incisions.**
- 9. Your ears will feel tight and there will be a feeling of numbness for several weeks to months after surgery. It will eventually resolve with time.**
- 10. If you have any questions during office hours, please call our office at (520)-323-9720. After hours and on weekends, you may call our emergency number (520)-570-7023 and the operator will contact Dr. Alfaro immediately.**