



## UTAH FACIAL PLASTICS

Transformation you can Trust

### PRE-OPERATIVE INSTRUCTIONS FOR IN-OFFICE OTOPLASTY

#### 3-4 WEEKS BEFORE SURGERY:

- *Smoking.* Tobacco, cigarettes, and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise discontinuing these products more than 4 weeks prior to surgery.

#### 2 WEEKS BEFORE SURGERY:

- **DIET/SUPPLEMENT RESTRICTIONS:** Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over the counter pain medications.
- *Vitamin C.* Begin taking 1000 – 3000mg per day as tolerated 2 weeks. Vitamin C aids in wound healing.
- *Post surgery.* If your destination after surgery is more than 60 minutes from the office, you must make arrangements to stay locally.

#### 1 WEEK BEFORE SURGERY:

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from surgery and stay with you for at least 24 hours after surgery. Caregivers must be over 18 years of age.
- *Alcohol.* Do not drink alcohol 1 week before and after surgery. Alcohol consumption may raise the blood pressure and initiate bleeding.

#### DAY BEFORE SURGERY:

- *Arrival time.* Our office will call the day before and confirm your arrival time. If you don't receive a call or for further questions, call the appropriate number below:
  - Utah Facial Plastics: (801)-776-2220
- *Shower.* The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria. Arrive the day of the procedure with a clean face. Do not apply any makeup, moisturizers, hair sprays or gels, or nail polish.

#### DAY OF SURGERY:

- *Shower.* The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria.
- *Eat and drink* as normal. Do **NOT** have any caffeine.
- *Dress Comfortably.* Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- Do **NOT** wear any makeup, jewelry, cosmetic creams, hair products, sunscreen, remove all piercings and jewelry.

# POST-OPERATIVE INSTRUCTIONS FOR OTOPLASTY

## 24 HOURS POST SURGERY:

- *Head Elevation.* Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Placing a pillow under your knees may help you from turning in your sleep. Head elevation helps to minimize swelling. Continue this for 1 week depending on swelling.

## MEDICATIONS:

- *Pain Medication.* You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcome to take Extra-strength Tylenol in place of the prescribed medication. Do not take Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. **Do not exceed 4,000 mg of Tylenol in a 24-hour period.** Take medication with food to minimize risk of nausea.
- *Constipation.* Pain medications may lead to constipation. Any over the counter stool softener such as Metamucil or Colace can be used. Start laxatives with the narcotic pain medications to prevent constipation from occurring.
- *Nausea.* Some pain medication may make you feel nausea. It is best to eat something small 20 minutes before taking pain medication. Keep hydrated with small sips of non-caffeinated beverages (ginger ale, Sprite, Gatorade).
- *Medication to Avoid.* Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, etc.) for two weeks before and after surgery. These medications may increase bleeding.
- *Substances to Avoid.* Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

## ACTIVITY:

- *Movement is Important.* Make sure you are up and walking around immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Movement helps prevent blood clots and promotes healthy blood circulation. Avoid bending at the waist, lifting, or straining in your face. If you have small children, bend at the knees, or sit on the floor and let them climb onto your lap. Overexertion may need to bleeding and prolonged swelling.
- *Physical Activity.* Avoid bending, lifting, straining and aerobic activities for 2 - 3 weeks or until you've been cleared by your surgeon. Avoid hitting or bumping your face and neck. Exercise may not be resumed for 3 weeks post-op or as further instructed by your surgeon. When cleared, you must start easily and build back up to your previous exercise levels. Resuming exercise may worsen swelling.
- *Driving.* Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours.
- *Return to work.* Returning to work depends on the amount of physical activity and public contact your job involves and the amount of swelling and discoloration you develop; the average patient may return to work or go out socially 1 week after surgery. There is some individual variation regarding the time one returns to work.
- *Sports.* Wearing helmets and contact sports should be avoided for 2 months.
- *Smoking.* Smoking should be strictly avoided as it interferes with the blood supply to the tissues and slows and hinders the healing process.

## **BATHING:**

- *Hair Care.* You may shower immediately after surgery but refrain from washing your hair until day 2. This is to protect the sutures from getting wet. Try not to let the water hit directly on the healing incisions.
- *Hot Tubs/Swimming Pools.* No hot tubs or swimming in pools until your incisions have healed, and approved by your surgeon, which is usually around 6 weeks.

## **HOW TO TAKE CARE OF YOUR INCISIONS:**

- *Cleaning Your Incisions.* Soak a Q-tip with saline water. Gently apply the Q-tip over your incision lines 2 times daily. Then use a clean Q-tip or gauze to gently pat dry the incision line. Finally, apply a generous amount of antibacterial ointment with a Q-tip to keep your incision sites moist. If your incisions are free of dried blood, you can skip cleaning and only apply a generous amount of antibacterial ointment (Bacitracin/Neosporin). Keeping your sutures lubricated with ointment is less painful to remove and allows the incision lines to heal with minimal scarring.
- *Head Wrap.* The head wrap is an important part of the recovery process to maximize your results. It helps hold the ears in position and protect them from injury. Always keep the Velcro head wrap in place after cleaning sutures and incision lines for the first 7 days after surgery. Day 7 – 21 after surgery the Velcro head wrap should be worn while in the house and sleeping. Day 21 – 35 after surgery the head wrap should be worn while sleeping.
- *Scar Management.* We recommend using SkinMedica car gel (available in-office to purchase) over your healed incisions to help minimize the appearance of scars. The scar gel should be combined with a zinc-based UV protectant and applied directly to the incisions.
- *Crusting.* Occasionally crusting will occur around the sutures. Do not try to remove this yourself. This is normal and will resolve. Cleaning your incisions will help minimize this.
- *Sun Exposure.* Avoid sun exposure as much as possible. This will optimize scar healing and minimize swelling. During the first year after surgery, it is crucial to use an SPF of 30+ with Zinc Oxide. Even mild sunburn can cause permanent discoloration, worsen swelling, and irritate an incision that is healing.
- *Suture Removal.* In most cases, dissolvable sutures are used. If removable sutures are used, your surgeon or staff member will remove all sutures 7 days after surgery.

## **WHAT TO EXPECT:**

- *Swelling and Discoloration.* Swelling and bruising of the surrounding tissues can be expected. Swelling and bruising may worsen on the second and third day after surgery. It's not unusual for one side of the face to be more swollen than the other. This is temporary and will improve over the next few weeks.
- *Bleeding.* Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you try to do strenuous activity, sneezing, heavy lifting or bending forward, aggravated bleeding and swelling may occur.
- *Weak or Dizzy.* You may experience some weakness or dizziness. This may be more evident if you try to stand up too quickly. Take a minute to go from lying down to standing. The sensation of feeling lightheaded will get better in a few days. Make sure to drink plenty of fluids.
- *Depression.* You may experience a period of mild depression after cosmetic surgery. This is related to the shock of seeing your face swollen and discolored. Remember this is temporary

and once the healing process is completed you will begin to enjoy the results of your surgery. Try not to compare your recovery with others – everyone heals in their own way.

- *Scars.* After all stitches have been removed, the scars will appear a deep pink color. With time, the pink will fade and become white, the firmness of the scar will soften, and they will become less noticeable. Everyone varies with respect to healing, but it takes approximately a year for these changes to occur and the scars to look their best. After your incisions are healed, you may apply a Silicone based scar gel to your scar for enhanced healing.
- *Asymmetry.* This may occur due to swelling on one side more than the other. Your ears may appear swollen and pinned back for several weeks. The ears always relax overtime, and the final result will not be as close to the scalp as they are immediately after surgery.
- *Final Result.* Expect to see your final results between 6-12 months as the healing process takes time.

**EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL:**

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, and warmth at incision site. Temperature over 101 degrees Fahrenheit.
- *Medication Reactions.* If you develop hives, rashes or itching you may be having a medication allergic reaction.
- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

**Utah Facial Plastics – (801) 776-2220**

Our office number connects to our 24-hour answering service after hours.

<b>APPOINTMENT TYPE</b>	<b>DATE / TIME</b>	<b>LOCATION</b>	<b>STAFF/PROVIDER</b>
Surgery			
Post-op <i>Suture removal</i>			
Follow up <i>2 weeks post-surgery</i>			