



DRESSING: A soft, bulky dressing will be placed around your head and ears to provide moderate compression. Remove this dressing 24 hours after surgery. An antibiotic covered cloth may have been placed around incisions. It is normal for this to be yellow in color and is not an indication of infection; it may be discarded with the rest of the dressing. After removing the dressing, place the provided headband around your ears as directed. This will help hold your ears in place and provide protection. The purpose is to provide support, not compression. **DO NOT wrap it too tightly.** After surgery, you must wear the head wrap continuously (apart from taking it off to clean your incisions) for the first week. During weeks two and three, you should wear the head wrap anytime you are at home. In the fourth week, the head wrap is only required at night while you are in bed.

INCISION CARE: Clean the incisions behind your ears twice a day with a Q-tip soaked in a 50/50 solution of hydrogen peroxide and water. Do not over clean, discontinue cleaning after 3 days. **Do not try to pick off or remove scabs.** After cleaning, apply antibiotic ointment; re-apply as needed throughout the day to prevent incisions from getting dry. Continue using the ointment until sutures are removed or fully dissolved. If irritation occurs, you may use Vaseline, petroleum jelly, or Aquaphor in place of antibiotic ointment. Scar gel may be used after sutures have been removed, and all crusting/scabbing has been resolved. For the first year after surgery, use a broad-spectrum SPF 30+ sunscreen containing zinc oxide on your incisions.

ADDITIONAL EXPECTATIONS/INSTRUCTIONS: Your ears may appear pinned back for several weeks but will relax with time. Avoid any equipment such as helmets or headphones, as well as any activities that may risk bumping, rubbing, or pushing on ears until your surgeon approves.