



TAROLA PLASTIC SURGERY

NICHOLAS A. TAROLA, MD

Otoplasty (Ear Surgery)

Have someone drive you home after surgery and stay with you for the first one or 2 days.
Take pain medication as prescribed. Do not take aspirin or aspirin-containing products.
Pain medication may promote constipation. A stool softener is typically prescribed as part of your postoperative regimen but you may also want to add more fresh fruit to your diet and increase fluid intake.
Do not drink alcohol when taking pain medications.
Do not smoke or use nicotine products 2 weeks before and at least 6 weeks after surgery.

Activities

Walk as soon as possible after surgery to help reduce swelling and decrease the chances of a blood clot.
Do not drive until you are off narcotic pain medication.
Children can go back to school after 7 days, if they are careful about playground activity.
Adults can go back to work approximately 5-7 days after surgery, depending upon the occupation.
You may resume social activities in 5-10 days.
Avoid strenuous activity in which the ear might be bent for approximately one month.
You may resume strenuous activity and contact sports in 6 weeks.
No swimming for 4 weeks.

Incision care

Avoid exposing scars to sunlight or tanning beds for at least 12 months.
Always use a strong sunblock, if sun exposure is unavoidable.
Keep incisions clean, dry and inspected daily for signs of infection.
Your operative dressing should be removed 1-2 days following surgery; then wear a clean headband around-the-clock for one week, then at night for 6 additional weeks.
You may gently shampoo and rinsed your hair after 5 days.

What to Expect

Temporary throbbing, aching, swelling, redness and numbness.
Large pressure dressings and bandages are applied around the ears and head after surgery.
Swelling and bruising may last for 2-3 weeks.
Numbness and tenderness may last 3-4 months.

Appearance

The scar on the back of the ears fades with time.
Do not expect both ears to match perfectly, as perfect symmetry is unlikely and unnatural with the ears.

Call the office if increased swelling or bruising develops, pain is not controlled with medication, redness increases or drainage develops from the incision sites.