

POST OPERATIVE INSTRUCTIONS: OTOPLASTY

PAIN MEDICATION

- Your pain medication contains a narcotic plus Tylenol.
- Take the pain medication as prescribed by Dr. Kryger. Remember **NOT** to take additional Tylenol on top of the prescribed pain pills.
- **Don't** wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort. For the first few days after surgery, take pain medications before you go to sleep.
- Take Ibuprofen as instructed by Dr. Kryger. Begin taking Ibuprofen immediately.
- Pain pills often cause nausea if taken on an empty stomach. Make sure to take them after eating some bland, non-fatty food.
- The pain pills also cause constipation. If this is a problem use an over-the-counter stool softener such as Colace.

* It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.

* You may drive once you are no longer taking narcotic pain medication.

DRESSINGS

- **Do not** remove the dressings. The doctor will remove them in the office.
- Any incisions (that are **not** covered) should be kept moist with Aquaphor ointment applied several times a day.

SHOWERING

- You may **not** shower until the dressings are removed.
- You may sponge bath up to the neck, keeping the dressings clean and dry.
- After the dressings are removed by Dr. Kryger, you may shower and get the incisions wet with running water. **Do not** submerge them underwater for 2 weeks.

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Patient Signature

ACTIVITY

- Stay as active as possible. Walking, climbing stairs, and moving around help the circulation and significantly reduces the risk of developing a blood clot.
- Turn with your shoulder, rather than your neck.
- Keep your head above heart level at all times. **Do not** bend over!
- **Avoid** lifting, pushing, or pulling objects over 5 lbs until instructed otherwise.
- **Do not** exercise until instructed otherwise.
- **Do not** wear any facial makeup for 7 to 10 days.

* You may drive once you are no longer taking narcotic pain medication.

EATING

- If you are nauseated stay hydrated by drinking water and clear liquids.
- Start with liquids and progress slowly to solid foods. Begin with bland low-fat foods such as crackers or toast.

* It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.

SLEEPING

- Sleep with your head and shoulders elevated 30° to 40° on several pillows.
- It is normal to leak fluid out of the incisions for several days after surgery. Make sure to sleep on dark sheets that you do not mind getting stained.
- Wear a headband when sleeping for 6 weeks.

COMPLICATIONS

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30pm or on weekends, the office phone will ring directly to Dr. Kryger's cell phone.

Call immediately if you experience any of the following:

- Chest pain, difficulty breathing or shortness of breath.
- Significant bruising or swelling that is much greater on one side than the other.
- Redness and warmth around the incision.
- Drainage or fluid coming out of the incision.
- A fever over 101.0 degrees.

EMERGENCIES

*** If an emergency arises, please call 911!**

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Patient Signature