

## INSTRUCTIONS FOR PRE & POST OPERATIVE SURGERY - OTOPLASTY

Rest and sleep with head elevated. Avoid pressure or trauma to ears. Wear ear protection at all times for the first 5-7 days, then only at night for an additional week.

Dressings will be removed by our office only. You may shower after the dressings are removed.

Ears will be swollen and tender for up to 4-6 weeks following surgery. Exercise and sports should be avoided until discussed with the physician.

Call the office for follow up appointment as instructed by the discharge planner. Remember we are always available to answer any questions: (586) 779-3030 After Hours (313) 396-0787.