

INSTRUCTIONS FOLLOWING SURGERY

bathing

- You may wash your hair 48-72 hours after surgery. Be very gentle around the ears and when coming or brushing your hair.

wound care/ dressing

- Keep the dressings on, clean, and dry until your first office visit.
- Wear the headband day and night for two weeks to prevent injury to the ears.
- For the third week, the headband should be worn at night and when at home. Do not wear a hat for the first three weeks.
- Most of the stitches are dissolvable and do not need to be removed. We will assess the need to remove any stitches at your 2-3 week appointment.

reasons to call

- Significant swelling, or swelling on only one side. Fever greater than 100.4 degrees Fahrenheit (38 degrees Celsius).
- Skin redness and warmth (hot) around your wound.
- A change in drainage color (green/yellow/thick or foul-smelling) odor.
- Pain not relieved by pain medication.

activity

- Do not lift more than 10 lbs (or a more than a gallon of milk) or perform any strenuous activities for 3-4 weeks after surgery.
- Do not swim or use a hot tub until your wounds have healed. This will be about 4-6 weeks after surgery.

medications

- Some postoperative pain is to be expected, your pain medication may take the edge off, but you may not achieve pain free.
- Call the office if you have severe pain that is not relieved by pain medication.
- You may take non-aspirin pain relievers such as acetaminophen or Tylenol for lesser pain, but do not take this in addition to your prescribed pain medication (the prescription medication likely has Tylenol in it already).
- Do not use aspirin or aspirin-containing drugs (Anacin, Bufferin, Bayer, Excedrin, etc), Nonsteroidal anti-inflammatory drugs (Advil, Motrin, Ibuprofen) as these medications interfere with blood clotting and may increase bleeding risks.

questions/ concerns?

We have a doctor on call 24 hours a day. We are here for you! **Call us at 336-765-8620.**