

Laurence A. Kirwan, FRCS, Plastic Surgeon

Otoplasty Instructions

Preoperative Instructions:

1. DO NOT TAKE ANY ASPIRIN PRODUCTS for 3 weeks prior to or after surgery.
2. Do not SMOKE for 3 weeks before or after surgery. Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol or Paracetamol .
3. Do not drink alcohol for 3 weeks before or after surgery.
4. Wash your face and neck and shampoo your hair thoroughly with antibacterial soap and shampoo the night before and the morning of surgery. Please DO NOT apply make-up or hair spray.
5. Fill the prescriptions that we give you before surgery. Please have your cardiogram (ECG) performed as soon as possible before surgery. If it is abnormal a cardiology opinion may be required which could delay your surgery. Your blood tests should be done about 10 days before surgery.
6. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication which we instruct you to take with a sip of water the morning of surgery.
7. Please wear a button-down top on the day of surgery. Wear sweat pants, sneakers, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear jewelry or panty-hose.

Postoperative Instructions:

1. Your surgery will take approximately 2 hours. After surgery you will go to the recovery room until you have awakened sufficiently to return home. If you are having outpatient surgery, someone must drive you home and remain with you that day and night.
2. Do not put your head below your heart.
3. Do not do any strenuous activity.
4. Do not strain during a bowel motion.
5. Do not take pain medication on an empty stomach since it may cause vomiting. All of these factors will raise your blood pressure and may cause bleeding.
6. After surgery, you will have a dressing around your head. The bandages will be changed after 24 hours.
7. Please keep your head elevated as much as possible after surgery to reduce swelling. Sleep with 3 pillows at night for 3 days. Arrange the pillows so that the head is elevated with the upper body.
8. The sutures behind the ears are absorbed spontaneously. If there are sutures and a dressing in front of the ear, they will be removed in 3 days. You will be given an elastic support to protect your ears. Wear it at night for two weeks. You will be seen one week after surgery and again at one month.
9. If you should have any questions, please call the office at 020 7637 4455 (UK) or 203 838 8844 (USA, Connecticut) / 212 838 8844 (USA, New York).