**T. Y. Steven Ip, M.D.**

# PLASTIC SURGERY

**OTOPLASTY**

**AFTER CARE INSTRUCTIONS**

1. It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Please take 15-20 deep breaths per hour frequently to keep your lungs clear. Keep your head elevated about 30 degrees (two pillows) with your knees slightly flexed. Facial movements (smiling, talking, chewing, yawning, etc.) should be kept to a minimum for the first week.
2. Avoid straining of any kind for the first 48 hours. When awake in bed, please flex your feet and legs 3-4 times every hour.
3. Apply ice bags or ice packs (20 minutes on 20 minutes off) to your ears for the first 48 hours to reduce swelling post-operatively.
4. If you have pain or discomfort, take the pain medication every 4-6 hours. It is best to take the pain medication with crackers, jello, etc. If you do not have pain, please do not take the pain medication. Do not drink alcohol while taking the pain medication.
5. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or jello. You may start with a soft, regular diet the next day.
6. After surgery you may have a compression headdress or athletic headband around your ears that needs to be worn for 2 to 3 week (day and night.) If you need to remove the dressing because of work, it is okay during the day, but keep it on at night while you sleep.
7. **DO NOT SMOKE**. This is very important.
8. After your dressings have been removed you may wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before all the crust and ointment is out of your hair (use a conditioner to help remove the ointment/oil.) Your hair may be dried with a blow dryer on a cool, not a hot, setting. Hair coloring should be delayed until 3 weeks after surgery when healing is complete and no crust remains. Do not wear pullover clothing or hairpieces for 2-3 weeks after your otoplasty as you could disrupt your incisions.
9. Normal activity can be gradually resumed after 3 weeks but strenuous activity (heart rate above 100 beats per minute) should be avoided for another week. Strenuous activity/lifting of objects heavier than 10 lbs. should be avoided for the first 3 weeks after surgery.
10. The scars and any areas of bruising can be massaged with moisturizers, vitamin E or aloe vera cream (apply twice daily for 6 months) beginning 3 weeks after surgery. This will promote softening and maturation and improve scar healing in these areas.

1

1. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and always use a sunscreen with SPF 20 or greater (with UVA and UVB protection) even on cloudy days for at least 6 months. Wear a wide brim hat and sunscreen (SPF 20 or greater with UVA and UVB protection) if you are in the sun for prolonged periods.

# WHAT TO EXPECT AFTER SURGERY

 Your ears will feel tight and there will be a feeling of numbness in these areas for several weeks to months after surgery. It will disappear and your feeling will be perfecting normal.

 You can expect some swelling of the face and ears after surgery. If the swelling on one side is definitely more pronounced than on the other side or if you are having pain which is not relieved by the pain medication, please call Dr. Ip.

 You may have a dull headache for the first 2 weeks following surgery.


# If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

* **If you develop a fever (oral temperature greater than 100°), or have an increase in pain please call Dr. Ip immediately.**

2

It is important to be seen by Dr. Ip after your initial post-op checks. He will see you at scheduled follow-up appointments. Call to schedule your appointments at Newport Beach Office (949) 548-0300 or Park Avenue NYC Office (855) 742-8800 between the hours of 8:30 – 6:00.

# IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. IP

If you are a patient at one of the facilities below, please call between the hours of 8:30-6:00. If you need immediate care, please call Dr. Ip anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Ip’s cell: (949) 212-1619

Dr. Ip’s email: tystevenipmd@mindspring.com

Dr. Ip’s website: [www.](http://www/)[surgery-plasticsurgeon](http://www.drrohrich.com/).com

Newport Beach Office:

351 Hospital Road, Suite 319 Newport Beach, CA 92663 (949) 548-0300

Park Ave NYC Office: 799 Park Ave

New York, NY 10021 (855) 742-8800

3