

# THE FIRST GLANCE

## Otoplasty Home Care Instructions

### Supplies to have at home:

- Your prescription medications (you may get your Prescription prior to your surgery or on the day of your surgery) - Gravol (oral medication *and* suppositories)
- Stool softener (*ie: Restorolax/Lax-a-Day/Senokot*). *Used to prevent constipation- \*\*start if no BM for 2 days* - Reactine (anti-histamine to help with itchiness associated with medications or wound healing) - Polysporin Original ointment - Hydrogen Peroxide

### Prior to your surgery:

Arnica Montana is a herbal supplement that you may be given prior to your surgery to help reduce bruising. If this was provided to you, take 5 tablets three times per day (morning, noon, and night). Ideally, start this 4 days prior to your procedure and you may continue taking after your surgery until signs of bruising diminish.

### Immediately after surgery:

Try to rest in a sitting position or with your head elevated to help reduce swelling and bruising. Place a single couch cushion under head of bed, sleep with 1-2 pillows, or you may also sleep in a recliner. The longer you are able to rest/sleep with your head elevated, the better, as this will continue to help your swelling decrease.

Ear surgery is generally not an overly painful procedure. Use pain medication and any prescribed medication as directed by your surgeon/nurse to reduce pain and discomfort. Discomfort is expected, the goal is to make the discomfort tolerable. Use stool softeners to reduce the risk of constipation associated with analgesic use.

### Daily Activities:

Avoid straining, heavy lifting or any activity that will raise your blood pressure for the first 14 days after your surgery. Wear comfortable, easy to slip on footwear to avoid bending down.

Avoid vigorous exercise for 3 weeks after your surgery unless otherwise advised by your surgeon. If you resume any of these activities sooner than recommended you increase your risk for complications, especially bleeding.

### Wound care:

Keep large bulky dressing dry and intact until follow up in 2 to 3 days. You may shower but keep the dressing dry. If itchy under the dressing, do not scratch underneath it. Take Benadryl if needed.

You may shower the day that the dressing has been removed. Let water run over top of the incisions, but do not rub them. Avoid super hot water temperatures. After showering, gently dry your incisions with a clean towel and apply a thin layer of Polysporin twice daily to incisions behind ear for 3 weeks.

After the bulky dressing has been removed, begin to wear a wide headband over top of the ears. Any wide headband will work, but we find Lululemon makes a good option. Wear headband 24/7 apart from when showering for first 3 weeks. Wear headband when sleeping and with activities for 2 more weeks afterwards.

No sports where you could be hit or bumped in the ear for 6 weeks following surgery

Crusted areas can be gently cleansed with Hydrogen Peroxide and a cotton swab once daily. Do not pick scabs.

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The First Glance Aesthetic Clinic & Surgery Centre

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Most sutures used are dissolving, some other sutures may need to be removed 5-7 days after your surgery.

\*Do not sleep with pets in the bed to avoid infection

\*No baths, hot tubs, swimming pools, or swimming in lake water for 4 weeks or until your incisions are fully healed in order to avoid infection.

\*Avoid exposure to second-hand smoke for at least the first few weeks after surgery.

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

## Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

## After Hour Care

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.

If there is a concern about your surgery or your healing please call The First Glance Clinic at 204-885-1419.

**Evenings and Weekends or in case of emergency please call Dr. Brichacek at 204-898-9933**