



THE MICHAEL HORN

CENTER FOR COSMETIC SURGERY

Otoplasty Home Care Instructions

Dr. Horn has a very dedicated nursing staff to help make sure you are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

After-surgery appointment schedule with nursing staff:

1. **Initial follow-up appointment:** will be an **in-office** visit, one day after surgery. At this time, your incisions will be checked.
2. **Second follow-up appointment:** will be **in-office**, six to ten weeks after surgery. This appointment timing will-be-determined by your recovery progress. At this time, your incisions will be checked for proper healing.

Medications:

Arnica: *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery-Dissolve 5 tablets under tongue 3 times daily for 5 days.

Keflex (Cephalexin) 500mg: *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

Celebrex (Celecoxib) 200mg: *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

Norco (Hydrocodone/Acetaminophen) 5mg/325mg: *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

******* Please note:** Opioids can be addicted and have negative side effects, including constipation. If you are need of additional pain, relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day)

Allergies: If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

Medication Usage: Take pain medication with food. Pain medications and decreased activity can cause constipation. Eating fresh fruit (not bananas) can help prevent constipation naturally. If needed you can purchase an over-the-counter stool softener or laxative from the pharmacy.

DO NOT take aspirin or aspirin containing products for four weeks after surgery; this includes Motrin/Advil/ibuprofen. Tylenol is a good substitute when needed for pain relief.

Diet: After surgery, start with a small, light meal so that you do not hurt your stomach. Slowly progress to a regular diet as tolerated. Drinking adequate amounts of fluids are critical.

Sleeping and resting in bed:

- Recline, do not lie flat. This will be more comfortable and will help reduce swelling.
- Always keep your head elevated for the first four weeks after surgery.
- Do not bend forward to pick objects up.
- After the first week, you can begin to sleep in a modified reclining position.
- Do not sleep on your side, or with your head resting on your ear for the first four weeks following the procedure.

Garment: You will be wearing a dressing with compression around your head to support your ears as they begin to heal in their new position and/or shape. Leave this dressing on until your first post-operative appointment (one day after surgery). *It is important that the dressing not be removed or dislodged for any reason except with explicit instructions from Dr. Horn. Doing so may significantly impair the outcome of your procedure.*

Headband: Please purchase a headband that provides compression to the ears. This is to be always worn for 14 days total. If these instructions are not followed, there is a risk that optimal aesthetic results will not be achieved. Following this instruction is essential to your healing.

Bathing: You may shower 24 hours after surgery as needed. Wash your hair gently. Do not rub your ear incisions. Apply bacitracin ointment to the ear incisions one to two times daily. Then apply your headband.

Swelling/Numbness: Swelling and numbness may be present four to six weeks. When the swelling goes down, the numbness will go away.

Activity: Do not perform activity other than walking for one week. Walking every day is essential in preventing the formation of blood clots. After the first week increase activity as tolerated. Do not engage in any contact sports or swimming for the first six weeks after surgery.

You may ease into your regular fitness routine six weeks following surgery.

Skin-Care: Do not use glycolic, retinoids or other potentially irritating skin-care or hair-care products for the first week after surgery.

Sun Protection: For the first two months after surgery do not expose the ears to direct sunlight. If you are outdoors, apply at least an SPF 30 regardless of weather or your activities. Wear a hat with a brim that shades your ears because your skin is highly susceptible to sunburn or the formation of irregular, darkened pigmentation.

General instructions:

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

In case of: Continuous or Heavy Bleeding
Difficulty Breathing
Fever/ Chills
Continuous Nausea and Vomiting
Excessive Drainage from Surgical Area

Contact Dr. Horn or the clinical staff immediately.

During business hours, call the office at 312.202.9000. After hours, page Dr. Horn.