

Patient:



COSMETIC SURGERY
OF LAS VEGAS

DR SAMIR PANCHOLI

Otoplasty - Post Surgery Care

Shopping: Obtain these items before surgery.

- Prescriptions
- Supplies:
 - Ice pack or Frozen peas and Ziploc bags.
 - Q-Tips
 - Hydrogen Peroxide
 - Antibiotic Ointment
 - An Elastic Headband
- Food – Day 1: Simple, easy to digest foods (toast, crackers, Ensure or Boost, pudding, soup, etc.)
Week 1 and forward: Slowly progress to a normal diet.

Dressings/Bandages:

- Maintain your ear cups until seen the next day during your appointment.
- Starting the day after surgery
 - Wear your protective ear cups as follows.
 - First week - 24 hours a day.
 - Second week - 12 hours a day. Children should continue wear 24 hours a day.
 - Third week – While sleeping.
 - Fourth through Sixth week – Replace protective cups with Elastic Headband while sleeping.
 - You may remove your protective ear cups when you take a shower.

Sutures:

- Your skin sutures are dissolvable

Wound Care:

- Starting the first day *after* surgery, clean your incisions as follows:
 - Showering
 - Remove your ear protection and dressing prior to shower
 - After shower
 - DO NOT PULL THE EAR FORWARD
 - Gently dab incisions behind the ear using a Q-tip soaked in diluted hydrogen peroxide (mixed with 50% water).
 - Then apply a thin layer of antibiotic ointment to incisions behind the ear.
 - Reapply your dressing and ear protection.

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Activity:

- Up to 6 weeks:
 - Avoid wrestling, wearing headgear, helmets or similar.
- Up to 3 weeks:
 - Do nothing that raises your heart rate or blood pressure including but not limited to:
- Up to 1 week:
 - Avoid driving while still taking prescription pain medication
 - Sleep on your back and avoid lying directly on the side of your face.
 - Sleep with your head elevated 30 to 45 degrees with several pillows to help decrease swelling.
 - Maintain a soft diet and avoid heavy chewing and prolonged talking
- Up to 24 – 48 hours:
 - Apply ice pack / cold pack / Frozen peas in Ziploc bags around your ears (do not apply directly to skin)
 - Avoid all nicotine products (including second hand smoke) for at least 4 weeks.
 - Avoid drinking alcoholic beverages to minimize bleeding.
 - Do not lift anything over 10 pounds.

Special Instructions:

- Swelling, bruising, and some bloody drainage are normal for the first 2 weeks.
- Be aware of a possible hematoma by noticing:
 - Usually one side of your face begins to experience:
 - Extreme swelling
 - Extreme hardness
 - Extreme pain
 - Notify Dr. Pancholi immediately if the above occurs.
- Numbness, tingling, or sharp sensations is expected for the first few months.
- Do not drive any vehicles or operate and heavy machinery:
 - 36 hours following your surgery.
 - 4 hours following your last dose of pain medication.
 - 8 hours following your last dose of sleep medication.
- Prescriptions:
 - If you have a sensitive stomach, take your antibiotic with yogurt.
 - If your pain medicine is making you sick:
 - Lower the dose.
 - Take it with food.
 - Notify Dr. Pancholi.

Patient

Signature: _____ Date: _____

Address: _____

Phone: _____

Guardian Signature: _____	Relation to Patient _____	Date: _____
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Dr. Pancholi _____ Date: _____

Witness _____ Date: _____