

PAUL D. DURAND, M.D.
PLASTIC SURGERY

Post-op Instructions
OTOPLASTY

Medications you *HAVE* to take:

1. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
 - Start first dose the night of your surgery day. Take with some food.
2. **Medrol pack (methylprednisolone)** – steroids, these help with inflammation and swelling after surgery.
 - Start the first morning after your surgery

Medications you can take *as needed*:

3. **Hydrocodone** – pain medication, take only as needed every 6 hours.
 - Take this medication with a stool softener as it will constipate you.
 - If pain is controlled, it is best to just take Tylenol instead.
4. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
5. **Scopolamine patch** – anti-nausea patch, ok to remove the day after surgery.
6. **Mupirocin ointment** – antibiotic ointment, see below for instructions.

Start the night of your surgery:

- Sleep with the head of the bed elevated or on several pillows to help with swelling.
- The first night the dressing will feel pretty tight, that's normal. Ok to loosen only if needed.
- Mild sore throat is normal from the anesthesia tube. Ok to use Chloraseptic spray to alleviate this.
- Soft diet – shakes, soups, lots of liquids.
- Can take your first dose of antibiotics that night after eating something.

Starting the morning after your surgery:

- Continue sleeping with the head of the bed elevated for that first week.
- Start the **Medrol steroid pack** that morning.
- Ok to shower from the neck down.
- After we see you on your first follow-up after surgery and change your initial dressing you have to start the easy cleaning instructions on next page.

***Easy cleaning instructions:**

EVERY MORNING AND NIGHT YOU HAVE TO:

1. **Hydrogen peroxide** cleaning of incisions and crusted blood behind the ears –
 - a. Mix 1 part hydrogen peroxide and 1 part water. Use this with a Q-tip to clean your incisions behind the ear. It's normal to have some white bubbles form from the old crusted blood dissolving.
2. **Mupirocin** ointment – after drying incisions with a Q-tip please apply mupirocin ointment to behind the ear incision and a thin layer over the rest of the front of the ear. Do this twice a day.

For the first week you will have a yellow dressing that is sutured in place in the middle of the ear. Please leave this in place.

OTHER IMPORTANT INSTRUCTIONS:

Showering:

- Ok to wash hair on day 8 after surgery. Dry incisions with a Q-tip.
- After shower continue with your wound care twice a day as instructed above.
- No pools or swimming for 6 weeks.

Activity Restrictions:

- **DO NOT SMOKE OR VAPE!**
- Weeks 1-3 => no lifting more than 10 lbs.
- Week 4 => ok for light exercise, but no heavy weight-lifting.
- Week 6 => ok to go back to your pre-surgery exercise routine, ok for swimming.

Chin Strap/Dressing:

- Continue wearing the head wrap 24 hours a day for the first week after surgery.
- After this, please use the head wrap or any band at nighttime only to protect your ears while you sleep for the next 6 weeks.