

**Wesley T. Myers, M.D. P.A.**  
PLASTIC & RECONSTRUCTIVE SURGERY  
100 Medical Center Blvd., Suite 213, Conroe, TX 77304  
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## **OTOPLASTY (EAR PINNING) POST-OPERATIVE INSTRUCTIONS**

1. **INCISIONS:** The surgical incisions on the ear(s) will be covered with protective dressings. DO NOT remove these dressings until instructed to do so by Dr. Myers.
2. **WOUND CARE:** Dr. Myers will instruct you on how to perform wound care on your first visit back to the office after the surgery. Dr. Myers will inform you when wound care is to be started.
3. **PAIN MEDICATION:** Take your pain medication and antibiotics as directed in the post-op period. You will need to eat before taking the pain medication. Begin the antibiotics the day before surgery. Drink plenty of water with your antibiotics. NOTE: Antibiotic ointment will be used after dressings are removed. DO NOT remove bandage to apply ointment until instructed to do so by Dr. Myers.
4. **REST:** It is important that you keep your activity level low for the first few weeks after surgery. Sleep on your back with your head elevated on 2-3 pillows. DO NOT sleep on your side.
5. **BATHING:** You may bathe after surgery. DO NOT GET YOUR DRESSINGS WET. Follow wound care instructions as detailed above.
6. **SWELLING:** The swelling subsides rapidly in the first 14 days after the operation and more slowly thereafter. You may continue to experience a small amount of noticeable swelling even 8 weeks after surgery.
7. **EXERCISE:** Avoid over activity, bending over, straining, or overhead lifting for 4 weeks. You may not participate in sports or do strenuous exercise for 6 weeks after surgery. A good rule to follow is “If it hurts, don’t do it”.
8. **HEAD BAND:** After yours dressings are removed by Dr. Myers you will be required to wear a covering over the ear(s) at night for protection. This head band must be worn for 6 weeks after surgery. A thick sweatband, ski band, or bandana usually works best.
9. **SMOKING:** Do not smoke. If you do smoke, you dramatically increase the risk of complications. Avoid second hand smoke (others around you that smoke) as it can have the same detrimental affects.
10. **DIET:** Maintain a well balanced diet. Good nutrition will help you heal faster in the postoperative period.
11. **FOLLOW UP:** Keep follow up appointments. First post-op appointment is the next day and then one week after surgery. Instructions will be given at each visit.
12. **NO HEAVY LIFTING!**
13. **NO BENDING OVER!**
14. **OTHER:** If you have any questions or problems, please phone 936-539-8115.