

OTOPLASTY (EAR) SURGERY

Pre- & Post-Operative Instructions

CONTENT:

<i>Pre-operative Preparation</i>	1
<i>Common Post-Operative Symptoms</i>	2
<i>Uncommon /Rare Post-Operative Symptoms</i>	2
<i>Following Discharge from the Hospital, until your First post-op Appointment</i>	3
<i>Following Your First post-op Appointment, until Your 4-6 Weeks post-op Appointment</i>	4
<i>Following your 4-6 weeks' post-op appointment</i>	5
<i>Following your 3 months' appointment</i>	5

The purpose of the instructions within this document is to help you prepare for surgery and to also make your recovery as smooth as possible. It is important that these instructions are adhered to and followed. Mr Rezai will discuss the relevant instructions with you at each follow up appointment. If you are unsure of anything please contact us immediately.

PRE-OPERATIVE PREPARATION

DON'Ts:

- ✓ Do not Eat or Drink after 12 midnight on the night before your procedure, unless instructed otherwise by Us.
- ✓ Do not smoke for at least 6 weeks before and 6 weeks after surgery. Although it is better NOT to resume smoking after your surgery.
- ✓ Stop your alcohol intake 2 weeks prior to surgery and 1 week after.
- ✓ Stop intake of multivitamins and supplements at least 2 weeks prior to and 1 week after surgery.
- ✓ Do not Take any Anti-inflammatory medications at least 1 week before and after surgery. These include but not limited to:
-Ibuprofen, Nurofen, Voltarol, Naproxen, Piroxicam, Indocid, Surgam, Froben, Lederfen
- ✓ Do not Take any Anticoagulants (medications to thin your blood) containing Aspirin/salicylates or any cold or Flu medication e.g. Lemsip etc for at least 1 week before and after surgery.
- ✓ Avoid eating Garlic or foods containing Garlic, 1 week before and after surgery, as this will increase the risk for bleeding.
- ✓ Remove ALL piercing, nail varnish, or artificial nails prior to coming to the hospital on the day of surgery.
- ✓ Do not wear any contact lenses, and eye or face makeup on the day of surgery.

Tel: 020 7580 8001 (weekdays 9am-6pm)

Emergency number during out of office hours: 077 9506 5621

- ✓ NO Sun Holidays should be planned for until 4-6 weeks post-op.

DO's:

- ✓ Take any regular medication previously approved by Mr Rezai, prior to, and up to, the day of surgery- check with Us if you are not sure.
- ✓ Shower on the morning or evening prior to surgery, cleansing your entire body.
- ✓ Remove any contact lenses, nail polish, jewellery, and all makeup whilst at home on the day of surgery.
- ✓ Wear comfortable clothing to the hospital.
- ✓ Arrange for someone to stay with you during the first 3 days following surgery.
- ✓ If you will be on your own (not recommended), you should shop for food such as prepared meals, fruits and such in advance. You can also cook a few meals ahead of time and freeze portions.
- ✓ You will receive Antibiotics and Pain Medication before your discharge from the hospital, However, if you prefer, you may also purchase Paracetamol and have that at hand, for when you run out of the pain medication received from the hospital. It is important that you take your antibiotics and pain medication as prescribed, and not overdose. *If in doubt, contact Us.*

COMMON POST-OPERATIVE SYMPTOMS

Typical symptoms following otoplasty Surgery, and what symptoms to watch out for:

- **Bruising and Swelling** will mostly resolve within few days to weeks.
- **Nausea and Dizziness** are common, especially during the first 3 days following surgery. If it continues, call our clinic for advise.
- **Asymmetry, the ears look different, or heal differently.** Ears may look or feel quite different from one another and heal at different pace in the days and weeks following surgery. This is completely normal; no two ears are perfectly symmetrical in nature.

UNCOMMON / RARE POST-OPERATIVE SYMPTOMS

CONTACT MR REZAI'S TEAM IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- High fever, severe nausea and vomiting, continued dizziness, or incoherent behaviour, such as hallucinations.
- Consistent sharp pain or any pain that cannot be controlled with your pain medication.
- Bright red skin that is hot to the touch in the surgical area.
- Excessive Oozing of blood and fluid from the incision (some oozing of blood and fluid is normal)

Tel: 020 7580 8001 (weekdays 9am-6pm)

Emergency number during out of office hours: 077 9506 5621

We encourage you to call us with any questions or concerns you may have.

You may call us during office hours, 9am to 6pm, on 020 7580 8001.

In case of emergency during out of office hours, you can reach us on 077 9506 5621

FOLLOWING DISCHARGE FROM THE HOSPITAL, UNTIL YOUR FIRST POST-OP APPOINTMENT

You will only be released to the care of a responsible adult, unless otherwise have been agreed with Mr Rezai in Advance. All of these instructions must be clear to the adult who will monitor your health and support you, around the clock in your first days at home from the hospital.

- ❖ **We call you every day**, to see how you are doing, until you come for your first post-op appointment.
- ❖ **Rest, but not bed rest:** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 15 minutes every 2 hours engaged in *light walking indoors* as you recover.
- ❖ **Keep your head elevated when resting**, by using two or more pillows under your head. This will help reduce the initial swelling and is important for the first week following surgery.
- ❖ **Relax.** Do not engage in any stressful activities. Do not do things that will increase your blood pressure.
- ❖ **Monitor post-surgical symptoms and be alert to possible complications.** These are defined, along with the actions you should take, on page 2 of this document.
- ❖ **Fluids are critical following surgery.** Stick to non-carbonated, non-alcoholic, caffeine-free, and green tea- free beverages including fruit juices and water, milk, and yogurt drinks. You must consume at least 1 glass (about 250ml) of fluid every 2 hours.
- ❖ **Good nutrition is important during recovery.** Stick with soft, bland, nutritious diet for the first 24 hours. Constipation and bloating are common after surgery. This can be improved by increasing fluid intake, reducing salt intake and eating foods such as bananas and bran products. Having a stool softener, such as Miralax or Duphalac Syrup, at home may also help alleviate constipation. Taking prescription pain medicine with food, such as a few crackers or applesauce, will help to reduce any nausea you may experience with this medication.
- ❖ **Take all medication, exactly as prescribed.** Complete all antibiotics unless told otherwise by Mr Rezai.
- ❖ **Keep dressing intact.** Dressings should be left in place until you visit our clinic for your 1st follow up appointment, 5-10 days after surgery, or until you are instructed to remove them. Your incisions will ooze fluid and some blood for a short time after surgery.
- ❖ **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery, resulting in more noticeable scars. You must not smoke at least 6 weeks after your surgery, and

Tel: 020 7580 8001 (weekdays 9am-6pm)

Emergency number during out of office hours: 077 9506 5621

your caregiver must not smoke anywhere near you.

- ❖ **DO NOT drive for at least 72 hours** unless advised otherwise.
- ❖ **Your first post-op visit will be around 5-10 days after surgery.** At this time, the stitches are removed and your initial healing will be assessed.

FOLLOWING YOUR FIRST POST-OP APPOINTMENT, UNTIL YOUR 4-6 WEEKS' POST-OP APPOINTMENT

You will continue to heal and you will feel better day after day. It is important to ease into your daily activities. You will receive clearance to begin driving or return to work at your 1 week post-op visit. It is important to follow the instructions given and if in doubt about anything, **ALWAYS contact us and NOT search online.**

- ❖ **Head Band.** Wear a headband for 3 weeks once the sutures are removed.
- ❖ **Easing into your Normal Daily Activities.** You should now start gently, easing into your daily routines, however, still NO heavy lifting, exercise, or strenuous activity.
- ❖ **Walking But No Bending, Sports or Strenuous/Aerobic Activities.** Walking is good but strenuous activities, sports and movements such as bending your head down should be avoided.
- ❖ **Practice good sun protection.** Do not expose your scars to direct sunlight for up to ONE year. When outdoors, apply at least SPF 50 to your scar. Avoid direct sun exposure to your scar. During your healing process, your scar area is sensitive and direct sun exposure may cause, inflammation of tissue and your scar to remain/or become red and thick.
- ❖ **Shower.** It is fine to take a shower. However, when taking a shower, avoid having the water running directly onto your scar.
- ❖ **Maintain daily walking.** Walking is essential every day to prevent the formation of blood clots.
- ❖ **Do not smoke.** While incisions may have sealed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- ❖ **Sleeping Position.** You Should NOT sleep on your stomach or side at this stage to avoid putting pressure on your ears.
- ❖ **No Sun Holiday** should be booked for during the first 4-6 weeks following your surgery. Avoid direct sun or heat exposure on your head.

Tel: 020 7580 8001 (weekdays 9am-6pm)

Emergency number during out of office hours: 077 9506 5621

FOLLOWING YOUR 4-6 WEEKS' POST-OP APPOINTMENT

Although it may appear that you have healed, your ears and the incision areas are still healing inside and may continue to heal for another couple of months. It is important to follow these instructions as advised until your 3 months' post-op appointment.

- ❖ **You may ease into your regular fitness routine.** After 6 weeks, you may resume your normal activities including exercise. However **ball and contact sports should be avoided up to 6 months.**
- ❖ **Discomfort, bruising and swelling.** Most of it should have resolved by now, however, for some patients it may take longer.
- ❖ **Do Not resume smoking,** If you can.
- ❖ **Massage your incisions with Bio-Oil,** in gentle circular movements with your finger tip, moving, 5-10 minutes each ear/day for 2-3 months. The longer you continue the massage the better, as it will increase blood circulation to your incisions and aid the healing process.
- ❖ **Your scars will continue to heal.** If they become raised, red or thickened, or appear to widen, contact our clinic. Early intervention is important to achieving well-healed scars.
- ❖ **Practice good sun protection.** Do not expose your scars to direct sunlight for up to ONE year. If you are outdoors, or on holiday, apply at least SPF 50 to your ears and over your scar while under the sun. During your healing process, your scar area is sensitive and direct sun exposure may cause your scar to remain/or become red and thick.
- ❖ **Next Follow Up** is at 3 months' post-op or as advised.

FOLLOWING YOUR 3 MONTHS' POST-OP APPOINTMENT

At this point, your ears may have almost or completely settled, for some patients, it may take longer, especially for the scars to fade in to fine lines.

- ❖ **Do Not Bend Your Ears.** It's important to not bend your ears for few months more.
- ❖ **Remaining Routine Follow up** is at 9th months post-op
- ❖ However, you are welcome to contact us at any time or make an appointment to see your surgeon, if you have any questions.

We are always here to Help, feel free to contact us if in doubt, or if you have any questions.

Tel: 020 7580 8001 (weekdays 9am-6pm)

Emergency number during out of office hours: 077 9506 5621