

## EARLOBE REDUCTION SURGERY

Surgery Date: \_\_\_\_\_ Place: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

### **TWO WEEKS BEFORE SURGERY:**

1. Some medication can interfere with anesthesia and cause undesirable side effects that can affect your surgery. Please read over the enclosed medication information list and let us know if you have questions. Aspirin should not be taken 2 weeks before surgery. Tylenol is a good medication to take for any aches or pains you may have prior to surgery.
2. Ensure that you have picked up all your scar treatment supplies in advance as instructed by your Surgeon. These should include silicone sheeting & paste, Mederma, sports head band, etc.
3. Smoking will affect how you heal. It is very important to stop smoking 2-3 months before your surgery. If you develop a cold, facial sore or any other illness prior to surgery, please notify us.
4. If you are having surgery under local in the office you will not require a ride home. If you are having sedation, please be sure to arrange for a responsible adult to drive you to and pick you up after your surgery and to stay with you for the first 24 hours.

### **EVENING BEFORE SURGERY:**

1. Shampoo your hair and wash your face. Do not use conditioner or hair spray after shampooing.
2. Make some jello and/or soup for after surgery. Get a good night's rest.
3. Do not eat or drink anything for several hours before the procedure.

### **MORNIG OF SURGERY: Try to arrive at our office is 15 minutes in advance:**

1. If you are not undergoing sedation do not eat or drink **anything** for several hours before the procedure.
2. Do not wear wigs, hairpins, hairpieces, or jewelry. Dress in loose-fitting comfortable clothes.
3. Remember if you are being sedated you have someone drive you to your surgery and make certain a responsible adult will be available to take you home and stay with you for 24 hours.

### **AT HOME AFTER SURGERY:**

1. You usually go home with a head dressing. After surgery it is best to go home and relax with your head elevated on pillows.
2. After the outer dressing is removed the next morning, leave the tape underneath in place for 5-7 days. It is best to apply gentle compression for the next week at night. You may apply ice dressing to your ears for comfort.
3. Do not be alarmed if you continue to swell after the first 24 hours. **Swelling reaches its peak at 48-72 hours. It will also continue around the ears for months.**
4. If you have pain, take the pain medication every 4-6 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medicine should not be taken together.
5. A light diet is best for the day of surgery. .
6. You will probably have a bloody ear discharge for 2 days so change the pads around the ear as instructed at least once a day if oozing.
7. Keep your head elevated for at least 48 hours after surgery. If significant swelling or bleeding occurs notify the physician.
8. After 48 hours you may take a shower and gently clean off old blood and debris. Avoid direct pressure from the shower head to the ears for at least 2 weeks.
9. Once the tape falls off or is removed after 5-7 days, gently clean behind the ears. Clean stitches by using a Q-tip saturated with hydrogen peroxide followed by a thin coating of Vaseline ointment when crusty or dry. You may advance the Q-tip into the ears slightly as far as the cotton on the Q-tip but no further. There is usually no need to dress the ears after the tape is removed. Irrigate ears that feel occluded with over the counter ear drops when indicated.

### **GENERAL INFORMATION:**

1. The outer head dressing will be removed the day after surgery or 48 hours. A compression head dressing will be worn for 6-7 days after the surgery.
2. Wash the ear wounds gently with a bland soap. Vaseline should be used for the first week sparingly and then moisturizing creams after 7 days if the ears are dry. Avoid over moisturizing the skin particularly behind the ears.

3. The ears will feel numb after ear surgery and occasionally the neck will feel “funny”. These feelings will gradually disappear.
4. Most of the swelling will be gone by 6 weeks after surgery. It will usually take about a year for the last 10% of the swelling to disappear. Your ears may feel stiff, and not as flexible as before surgery. This is not noticeable to others and things will gradually return to normal. Absolute symmetry is not possible after bilateral ear surgery.
5. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 5-7 days.
6. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months applied after 2 weeks.
7. Please take all medication carefully and as directed.
8. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
9. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.
10. Follow-up with your surgeon is important. Try to make all your scheduled follow-ups. These appointments include scar prevention.
11. About two months after surgery the ear can be re-pierced. Dr. Lowe prefers to re-pierce the ear himself. Make an appointment and bring a clean stud for the procedure.

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