

Otoplasty Surgery Aftercare Guidelines

Surgery Date: _____	<u>First Night</u> Date:	<u>Following Day</u> Date:	<u>3-5 Days</u> <u>1st</u> <u>Post op Visit</u> Date:	<u>7-10 Days</u> <u>2nd</u> <u>Post op Visit</u> Date:	<u>2 Weeks</u> <u>Post op</u> Date:	<u>4-6 Weeks</u> <u>Post op</u> Date:	<u>8 Weeks</u> <u>Post-op</u> Date:
Sleep in a reclined position				X			
Medications- take as directed				X			
Soft Diet and liquids		X					
Stool softener/High Fiber foods				X			
Leave on all dressing			X				
Surgical Stockings		X					
Emotional ups & downs	X	X	X	X	X	X	X
Driving-(when completely off all medications and can react to an emergency)				X			
Shower			X				
Start wearing headband after dressings are removed			X				
Headband is worn for					X		
Can get incision line wet			X				
Lower body exercise				X			
Heavy lifting/upper body exercise						X (4 weeks)	
Alcohol Beverages					X		
Herbal Supplements/Dietary Supplements					X		
Ocean, pool, or Jacuzzi water						X (6 weeks)	
Scar treatment						X (6 weeks)	