

# The Paragon Plastic Surgery & Med Spa

**\*\*MUST GET YOUR LABS DRAWN WITHIN 24 HOURS OF PRE-OP APPOINTMENT\*\***

## Otoplasty (Ear lobe repair or reduction )

### PROCEDURE AND POST CARE INSTRUCTIONS

#### I. ITEMS NEEDED:

- Prescription medicines
- antibiotic ointment
- Vitamin C 2000mg twice daily for 14 days.
- Zinc 50mg once daily for 14 days.
- Arnica Montana. Starting 5 days before your procedure and then continuing 10 days after your procedure, take 4 tablets of Arnica Montana, under your tongue 4 times a day. (DO NOT EXCEED 16 TABLETS A DAY). This will help with swelling and bruising.

OFFICE PHONE NUMBER: 817-473-2120 (9am — 5pm M-F)

EMERGENCIES OR AFTER HOURS: 817-473-2120 (24-hour answering service)

#### TWO WEEKS PRIOR TO SURGERY:

- Do not take any aspirin, aspirin containing medicines or anti-inflammatory medications for two weeks prior to surgery (including Motrin, Naprosyn and Celebrex).
- Do not use Vitamin E or C supplements or any other herbal remedies for two weeks prior to surgery.
- If you smoke, it would be very beneficial if you refrain from smoking at least 2 weeks prior to your surgery. This is to help your lungs and circulation be in their best condition for surgery and to aid in healing.
- If you develop any illness prior to your surgery, contact our office as soon as possible.

#### MORNING OF SURGERY:

- PLEASE remember to bring your prescriptions with you to Surgery.
- Do not eat or drink anything after midnight on the evening before surgery.
- On the day of surgery, please do not wear wigs, hairpins, jewelry. Wear or bring loose-fitting clothing. It would be a good idea to bring a pillow to make your ride home more comfortable.
- If you have long hair, please pull it away from your face with a band.

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## **THE PROCEDURE:**

A. Goals for surgery:

B. Anesthesia: Otoplasty is usually carried out under local sedation with monitored anesthesia that is performed by an anesthesia professional. Or general anesthesia depending on case.

## **CARE FOLLOWING THE PROCEDURE:**

A. Bleeding: Call our office if any bleeding persists after holding gentle pressure over the area for 15 to 20 minutes.

B. Discomfort: Most patients experience little or no discomfort following otoplasty surgery and any discomfort is usually relieved by taking Tylenol.

C. Driving: **DO NOT** drive while on pain medications.

D. Incisions: The ears are bandaged to protect the integrity of the repair. The bandage will be removed in 48 to 72 hours.

E. Physical Activities: Some Patients return to work/school in a few days after surgery

F. Shower/Bath/Hair: You may take a bath the day after surgery.

G. Smoking: Do NOT smoke. Avoid second-hand smoke.

H. Scarring: Scarring from otoplasty is minimal and well hidden behind the ear.

\*\*Since healing occurs at different intervals, expect your best result to be achieved at 6 to 19 months following your surgery. The best outcome will be achieved by following instructions and taking good care of yourself.