

AFTER YOUR EAR SURGERY

- You will be discharged from the surgery center wearing a gauze head wrap. Leave this dressing in place until your first post-operative visit, which will be 5-7 days after surgery. It is important to sit upright as much as possible and to sleep with your head elevated on two pillows for one week after surgery. You may loosen the dressing if it feels too tight. **Do not apply heat or cold to the surgery sites.**
- Take your antibiotics until the prescription is finished. Do not refill the prescription unless you are requested to do so. Be sure to report to us any signs of bleeding that persists for more than ten minutes, redness, fever, unusual drainage, or pain that does not respond to pain medications.
- Following your first post-operative visit you may shower and wash your hair daily with a mild shampoo, such as baby shampoo. Using a Q-tip, cleanse the ears and ear incisions gently with peroxide and apply antibiotic ointment to the incisions. The stitches behind the ears are dissolvable and keeping them lubricated helps quicken the healing process. Continue this until the sutures have fully dissolved, usually in 10 days.
- Please bring a stretch terry sport headband with you for your first postoperative visit. Your headband will be placed over your ears after your dressing is removed. Please try to wear it at all times the first two weeks following surgery-this is important to keeping your new ears in position. You will need to wear it at night for an additional four weeks (total of six weeks after surgery). No strenuous exercise, heavy lifting, or contact sports for 6 weeks.
- Swelling and bruising will vary from patient-to-patient. Swelling may actually increase the first three to four days before subsiding. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoiding bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months. Most bruising and discoloration should resolve over the first two weeks.
- Your ears may be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate over time.
- While swelling should be nearly gone after six weeks, your healing will continue for the entire first year. You will need follow-up appointments in the office at 6 weeks, 6 months, and 1 year following surgery.

Marisa Lawrence MD

404-303-7004