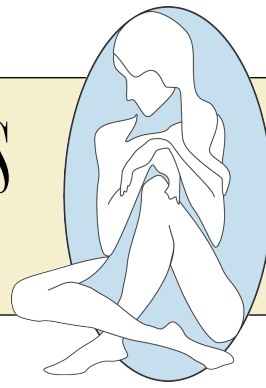


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Guidelines for otoplasty

Before your surgery

- Maintaining a well balanced diet will facilitate optimal healing. It's also important to keep well hydrated the days leading up to surgery.
- Stop smoking 3 weeks before surgery. Nicotine reduces blood flow to the skin and can cause significant complications during the healing process.
- Stop taking blood thinning medications and supplements 10 days before surgery. Please refer to provided list.
- Schedule any pre-operative testing and medical clearance examinations required by Dr. Lowenstein. EKG must be within 6 months and blood work within 2 weeks.
- Plan accordingly. Secure a responsible adult to drive you to and from surgery and remain with you of a minimum of 24 hours. Plan to stay in a hotel in town if you are from out of town.
- Discuss with Dr. Lowenstein amount of time needed off work and other restrictions such as driving, lifting, housework, and exercising.
- If you color your hair, do so before surgery. You will not be able to do so for 6 weeks after surgery.
- We will provide you with your prescriptions at your pre-operative appointment. Bring your prescribed pain medication to the office day of surgery.
- You will need antibacterial ointment after surgery.
- You may find it helpful to have lozenges, crackers, soup, and other comfort foods available for after surgery.
- Maintain optimal health and hygiene. A cold, virus, or other illness may require your surgery to be rescheduled. Call the office if any illness or change in health status arises.
- Maintain proper skin care. This includes daily use of sunscreen or sunblock. Also, wash your ears with an antibacterial soap twice a day starting two days before surgery.
- Shower the night before and the morning of surgery using antibacterial soap. Do not apply any lotions, makeup, or hair products day of surgery.
- You may not eat or drink anything after midnight, including candy, gum, and mints. Only take medications cleared by Dr. Lowenstein.
- Wear loose-fitting, comfortable clothes that do not need to be pulled over your head and easy-to-slip-on flat shoes.
- Do not wear makeup, jewelry, contact lenses, or body piercing. If there is an item unable to be removed, advise the admitting nurse.

- It is very common to be nervous. Try to get adequate rest and avoid unnecessary stress. Call us if you are experiencing serious stress or difficulty sleeping.
- Your anesthesia provider will call you the night before surgery and will also see you morning of surgery. Morning of surgery you will also see Dr. Lowenstein's nurse and Dr. Lowenstein. If you have any questions in the meantime, do not hesitate to call our office.

After your surgery

You can expect the following:

- Feeling drowsy following waking up from anesthesia.
- Swelling and bruising. You may also experience a "tight" sensation.
- Blurry vision for the first few hours.
- Numbness in ears.
- Moderate discomfort.
- Moderate bleeding from wound edges, especially the first day.
- Bulky dressing around your head.

Call the office at (805)969-9004 promptly if you are experiencing:

- Pain not controlled by the prescribed medication.
- Bright red drainage on dressing, that continues to enlarge.
- Excessive bruising or sudden, marked swelling that appears to be present in one area.
- Increased discomfort due to tight bandages.
- A temperature higher than 101 °F.
- Severe nausea and vomiting.
- Pain in calf, knee, groin or shortness of breath.
- Continuous dizziness or unusual behavior.
- Any other questions or concerns.

Day of and day after surgery

- Rest, yet keep moving. Rest is important, although it is equally important to walk inside for 5-10 min every couple of hours while awake.
- Take 10 deep breaths per hour while awake. This will enhance your oxygenation and help expand your lungs.
- Make sure to check under dressing, near incisions, for excessive swelling every 2-3 hours. You and your care giver will be taught how to do so before leaving the office.
- Take the pain medication, as directed, to address any discomfort. The period of greatest discomfort does usually not last longer than 24-48 hours. If you experience consistent, sharp pain that is not relieved by the pain medication, call the office.
- Remember that your pain medication can constipate you, take measures to counteract that.
- Take other prescribed medications as directed.

- Drink plenty of fluids, 8 oz every couple of hours. Make sure to replenish electrolytes.
- Do not drink anything very hot or any alcohol.
- Do not lean over with your head lower than your chest.
- Keep head elevated with 3-4 pillows, a foam wedge, or recliner chair to reduce swelling.
- Try not to sleep on your side, putting pressure on your ears.
- Do not put warm or cold compresses on your ears.
- Do not do any heavy lifting or strenuous activities.
- You may bathe or shower after your post-operative visit with Dr. Lowenstein day after surgery.
- Do not submerge your head under water.
- Bulky dressing will be removed day after surgery.
- After your first post operative visit with Dr. Lowenstein, start washing your scars with soap and water twice a day.
- Keep scars moist with antibacterial ointment until completely healed.
- Stay nicotine free for three weeks after surgery, as nicotine can adversely affect your ability to heal.

2 to 7 days following surgery

During this time you can expect to slowly progress day by day. Sutures will be removed 5-7 days after surgery.

- Dr. Lowenstein will advise you as to when you can begin to drive and return to work or a regular routine at home.
- Continue well-balanced diet.
- Keep wearing the chin strap dressing.
- Avoid prolonged exposure to sun and heat.
- Use sunblock daily and diligently. Surgical areas can become hyper-pigmented from sun exposure. Avoid sunblock directly on scars until completely healed.
- Continue to take prescribed medications as directed.
- Transition from prescribed pain medication to an over the counter alternative. Dr. Lowenstein can guide you with this.
- Maintain elevation while sleeping.
- Continue not to sleep on your ears.
- Continue not to lean over with your head lower than your chest.
- Continue appropriate wound care.
- Avoid exercise except for walking. Leisurely daily walks will help you feel better and prevent blood clots.
- Continue no smoking and no alcohol.
- Continue not to take blood thinning medications. See provided list (Aspirin, Advil, Aleve etc).

1 to 4 weeks following surgery

Healing is a gradual process. It is normal to feel discouraged while waiting for swelling, bruising, discomfort, and numbness to diminish. Extra rest, a nutritious diet, and avoidance of stress are important aids to recovery. Once cleared by Dr. Lowenstein, you may take Aspirin, Advil, Aleve etc (see list) at this time.

- Continue appropriate wound care.
- Maintain a well balanced diet, use of sun block, semi-reclined sleep and rest.
- Continue no smoking.

4 to 6 weeks following surgery

Overall swelling continues to subside and you will begin to settle in to your natural appearance. Tenderness, tightness, skin numbness, or bruising (if remaining) will continue to diminish.

- You can submerge your head under water, following complete healing of your incisions.
- Once cleared through Dr. Lowenstein, you may begin to ease into your workout routine.

The first year

Continued refinements in the appearance of your ears may take up to a year. Appearances continue to change with age. Just as other areas of your body may with age, so can your ears.

- Avoid direct sun exposure to scars the first year.
- Call our office if your scar becomes raised and/or ropey.
- Call our office if you notice a stitch coming up like a bristle brush along your scar. If the area around the stitch looks red and irritated, you may need antibiotics.

Please be sure to call us if you have any questions or concerns.

Signature _____ Date _____

Witness _____

MEDICATIONS TO DISCONTINUE 10 DAYS PRIOR SURGERY THROUGH 7 DAYS AFTER SURGERY

Please read the labels of any medications you are taking. If you are unsure whether or not you can take a particular, please give the doctor or nurse the name of the medication. Please notify us of ANY and ALL medications you are currently taking, including over the counter medicines. You must discontinue any herbal remedies and supplements.

Advil,	Cogesprin,	Florinal,	Robaxisal,
Aleve,	Coricidin,	Flurbiprofen sodium,	Rufen,
Alka Seltzer,	Coumadin,	4 Way cold tablets,	Salflex,
Alcohol,	Darvon,	Goody's headache	Sine Aid,
Anacin,	Dicumarol,	powder and tablets,	Soma,
Anaprox,	Disalcid,	Ibuprofen, Indomethacin	Tolectin,
Ansaid,	Dolobid,	Lodine,	Toradol,
Aspirin,	Dristan,	Lovenox,	Trandate,
BC Tablets or powder,	Duradyne,	Meclomen,	Trental,
BC Cold powder,	Dristan,	Medipren,	Trilisate,
Brufen,	Easprin,	Midol,	Vanquish,
Bufferin,	Ecotrin,	Monogesic,	Vicoprofen,
Buffex,	Empirin,	Motrin,	Vitamin E,
Cama arthritis pain	Equagesic,	Naprosyn,	Voltaren,
reliever,	Enoxaparin,	Pepto Bismal,	Warfarin,
Celebrex,	Excedrin,	Percodan,	Wesprin,
Cephalgesics,	Feldene,	Persantine,	Zavtrin,

The diet drug known as Phen-Fed is marketed under the following generic and brand names. If you are on any of these drugs please inform this office. You must be off these drugs for at least two weeks prior to surgery, or your surgery will be canceled.

PHENTERMINE	Phentride	Zantryl
Adipex-P	Phentride Caplets	Ephedra
Duromine	Phentrol	Ephedra
Fastin	Phentrol-2	Ephedrine
Oby-Mat	Phentrol-3	MaHuang
Oby-Nix	Phentrol-5	Meridia
Oby-Trim	T-Deit	Ginko
Panshape	Teramin	St. John's Wort