

DR WENIGER'S OTOPLASTY POSTOPERATIVE INSTRUCTIONS

During the first few days following facial aesthetic surgery, the major problem to watch for is bleeding and blood collecting under the skin.

DO:

- Keep head dressings on until removed by Dr. Weniger or staff.
- Keep head elevated at all times to prevent hematoma and while sleeping to help swelling for a minimum of 7 days. Sleeping in a recliner-type chair is best.
- Place mupirocin ointment on any exposed incisions/suture lines at least 4 times a day after dressing is removed in the office.
- Keep a head wrap on 24/7 (like a beanie) to hold the ears back in place at all times.
- Eat plenty of Protein and avoid salt. Limit water intake
- WALK OUTSIDE Daily.

DO NOT:

- **Bend over, lean, squat, or plie. Do not lift your foot up to you to put on socks and shoes.**
- Drive until instructed to do so by Dr. Weniger. (no patient may drive while on narcotics or while vision is impaired by swelling)
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger. (may stimulate bleeding) All activities may be resumed after 4 weeks. Instructions regarding gradual return to exercise will be individualized for each patient according to how that patient heals.
- Wet incisions until instructed to do so by Dr. Weniger.
- Drink alcohol while on narcotics or for 1 weeks after surgery
- Restart blood thinners (ibuprofen, advil, aleve, aspirin, etc) till after 2 weeks
- Flex neck (bend neck to look down) for 1 week after surgery. This tightens the skin behind the ears excessively. Avoid this by not using a large pillow under the head, or if a pillow is used, make sure it is under the shoulders also so that the head and shoulders stay evenly in alignment.

Your follow-up appointment is _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us 843-757-0123