

Otoplasty Post Op Instructions

Rest

- ✓ Go home and rest.
- ✓ Elevate your head on 3-4 pillows for the first week to reduce swelling.
- ✓ Do not bend over but rather squat to reach down to reduce the risk of haematomas.
- ✓ Overnight, remain within 1 hour's distance of the surgery in case of complications.

Bleeding

- ✓ Heavy or prolonged bleeding - contact Dr Belt on the numbers below.

Wound Care

- ✓ Keep head bandage dry and intact until your 1st doctors review. Do not remove it.
- ✓ Do not lie on your ears.
- ✓ An appointment will be made to return in 7 days to have the bandage removed.
- ✓ Once the bandage is removed, wear a sweat band (tennis style) at night for 6 weeks. Avoid wearing caps for 3 months.

Pain Relief

- ✓ A script will be provided for pain relief - sufficient for one week. If you run out, Panadeine should be adequate.
- ✓ Do not take Aspirin (unless prescribed) as it prolongs bleeding.
- ✓ Contact Dr Belt if pain relief is inadequate.

Infection

- ✓ Please remember to take your antibiotics regularly as prescribed
- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
 - Increased pain, temperature and flu-like symptoms
 - Widespread redness
 - Offensive discharge coming from the wound.

Exercise

- ✓ Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post-operatively.
- ✓ Try gentle exercise i.e. light walking
- ✓ Do not drive a motor vehicle for 7 days post-operatively.

Please contact my rooms on 3852 6800 at any time during office hours if you have any concerns. In the uncommon event that you cannot contact Dr. Belt or his colleagues in an emergency, please present to Greenslopes Hospital Emergency Department for treatment.

Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic, Level 1, 38 Misterton Street, Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.