

Post-Operative Instructions: Otoplasty procedures

Thank you for choosing Pall Mall Medical to have your operation. This leaflet contains important information about what to expect after your surgery and advice about aftercare and follow up. Please read it carefully.

What to expect following your surgery:

Following your surgery, it is quite normal to feel some minor pain and discomfort. **Everyone's experience is different.** Your surgeon will numb the area and administer plenty of pain relief before you wake up so your pain should always be minimal. Some people find changing position and using pillows to support the wound can help reduce pain or discomfort.

You can usually have some oral fluids almost immediately after your operation. Light food can be taken soon afterwards. As soon as you are comfortable you will be able to move out of bed. You should be walking and have passed urine before you go home.

During your recovery staff will give you pain relief and medication as required. You will also be supplied with medication to take home with you when you are discharged.

If you have had general anaesthesia or sedation, this can temporarily affect your co-ordination and reasoning skills. It is strongly advised that you must not drive, drink alcohol, operate machinery or sign legal documents for 48 hours afterwards.

You might feel tired or drowsy for the first few hours - this is related to the anaesthetic and medication given for the surgery.

You will have some pain and discomfort for the first few days - taking regular painkillers will help. Maximum discomfort will occur on the first few days. If pain worsens or is feeling hard to manage, please contact the clinic for further advice.

You may also experience:

- Temporary throbbing, aching, swelling, redness, and numbness.
- Large pressure dressings and bandages are sometimes applied around the ears and head, turban style immediately after surgery.
- Some swelling and bruising may last 10-14 days.
- Some numbness may exist around the operative areas.
- Tenderness could last up to 3 months.

Wound infection is a potential risk of any operation. If you develop a raised temperature within the first week or are worried about infection, please contact us to speak to the surgeon or nurse in charge. If you have been given antibiotics, please be sure to complete the course.

Usually, there will be a faint scar in the back of the ear that will eventually fade. Do not expect both ears to match perfectly, as perfect symmetry is unlikely and unnatural in ears.

Driving:

- You should not drive yourself home following your procedure. Do not drive for 48 hours after your surgery AND you are no longer taking any pain medications (narcotics).
- If you are in doubt about driving, contact your motor insurer so that you are **aware of their recommendations, and always follow your surgeon's advice.**

Activity:

- Usually, you will be up and around a few hours after surgery.
- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Adults can go back to work approximately 5 days after surgery, depending upon the occupation.
- You may resume full social activities in 5-10 days.
- Avoid any activity in which the ear might be bent for approximately a month.
- You may resume contact sports in 1-2 months.

Dressings:

- Leave all dressings alone unless told otherwise by your nurse or surgeon. Every patient heals differently, and you might find you bleed and require your dressings changed sooner than your follow up appointment.
- Please contact your clinic where staff will be happy to change your dressings earlier if required.
- Dressings will usually stay on 1 week post op where an appointment will be arranged with a nurse at your clinic where they will check your wounds and change your dressing as required.
- All sutures will dissolve in a few weeks following surgery. Then normally 6 weeks post op, a follow up will be arranged for you to see your surgeon.
- Have a compression garment or sports headband ready for when the bandage comes off.

Aftercare:

- You may shower after the dressing has been changed.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- You may shampoo your hair after the dressing has been removed the day after surgery.
- Use baby shampoo only and do not blow dry your hair or use styling products for one week.

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Smoking:

- Avoid smoking and using any nicotine products during your recovery and this will affect your body's ability to recover and can delay wound healing.

Medication:

- Please inform staff if you take any other medications to minimise the risk of contraindications.
- Take all medication exactly as prescribed. Oral pain medication, antibiotics and any other medications prescribed or recommended to you by your surgeon.

Good nutrition:

Fluids are critical following surgery. Drink from a straw if that is more comfortable. Stick with a light nutritious diet for the first 24- 48 hours. Following your surgery, it is important to eat foods high in protein and full of vitamins and minerals to help aid the healing process.

Emergency care:

We have a dedicated nurse on call team, you should contact them immediately if you experience any of the following:

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications: such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.
- If a blood clot forms on the ear.

Details can be located in the useful contact number section below.

Patient Information Leaflet

Section to be completed by Ward team:

Patient Name / Insert patient sticker:		
Follow up appointment:	Date & Time	
Looking after you today:		
Useful numbers / contact information		
For Clinical assistance or aftercare information	8am-8pm: Ward nursing team	0161 509 5770
	Out of hours (8pm-8am): Emergency nurse on call	0778 086 9607
General enquiries		0330 058 4455
Reschedule / arrange a post op appointment or to contact an aftercare coordinator	Patientexperienceteam@pallmallmedical.co.uk 03300 58 44 55 – select option 2 and then option 4	
Webpage:	www.pallmallmedical.co.uk/cosmetics/your-care-aftercare/	
Feedback:	https://bit.ly/pmm-feedback	