

Otoplasty Instructions

(cosmetic ear surgery)

Preoperative

- No food or liquid intake after midnight prior to surgery.
- Do not wear jewelry, make-up, nail polish or bring valuables. Remove all piercings.
- Bring carrying case for eyeglasses or contact lenses.
- No aspirin or aspirin containing compounds for at least 2 weeks prior to and after surgery. Please refer to medication list for medicines and foods to avoid. Stop all herbal preparations.
- Shower the night before and day of surgery with Dial or other antibacterial soap and wash hair with Dial or other antibacterial soap.
- Wear loose comfortable clothing with flat/ low heeled shoes. No over the head clothing.
- Fill all prescriptions within 3 days from today and bring them with you on your surgery date.
- Arrange for transportation to and from the Kole Plastic Surgery Center.
- Preoperative medications may be taken with a small sip of water if cleared by the anesthesiologist.
- Arrive at the surgery center 1/2 hour before surgery start time or as directed.
- Lab tests need to be drawn and faxed to this office no later than:_____.

Post operative

- After dismissal from the surgery center, return home and go directly to bed.
- Do not remove head wrap until seen in office for follow up appointment.
- After the head wrap is removed, keep incisions clean at all times. Remove any clots or crusts from incisions by gently cleansing with water and wiping clean with a Q-tip and peroxide.
- Diet may consist of liquids or regular food as desired. Avoid alcohol intake while on medication.
- Take pain medicine and antibiotics as prescribed.
- Do not wear constricting bands, hats, or color, dye, or perm your hair until cleared by Dr Kole.
- No strenuous activity for a minimum of 14 days post operatively.
- Return to your surgeon for all follow up visits. Avoid trauma to the ears and side of the head.
- Contact Dr Kole for any unusual or special problems (excessive pain, swelling or bleeding)
- Call to confirm appointment for first post operative visit.

Call Dr Kole:

- Fever over 101 degrees, rash or shaking chills.
- Persistent nausea or vomiting over 24 hours.
- Inability to tolerate antibiotics or pain medicine.
- Excessive swelling or bleeding on dressing.
- Increase in pain after 72 hours.
- Redness, heat or discharge from the incisions,

If you have any questions or problems, call the office anytime at (215) 354-1010

I have received this instruction sheet, understand the information presented and agree to carry out the instructions as described above

Patient signature_____

Date_____

Surgeon_____