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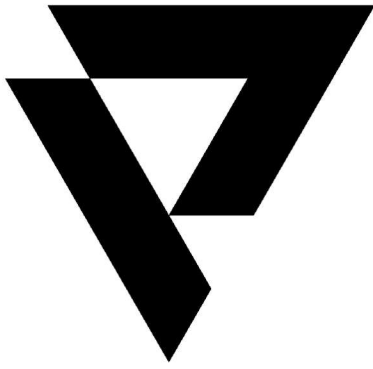
Otoplasty Instructions

*****NOTE: IF YOU ARE UNDERGOING A PROCEDURE UNDER ANESTHESIA (NOT LOCAL ANESTHESIA ALONE), DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE*****

AMAZON POST-OP LIST: <https://a.co/cfYUsv8>

- Dr. Sitapara has curated these items to help you breeze through your recovery (*please review ingredients for any allergies or contraindications*):
 - ***Exercise Head Bands* - These must be purchased. We suggest having 2-3 as these will be used for several weeks after surgery.**
 - L-Arginine Pro – Scientifically proven to aid in healing time and pain. Consume 1 scoop per day for the week before surgery and the week after surgery.
 - Vitamedica Bromelain – Studies show significant reduction in bruising. Take one pill per day for one week before surgery and the week after surgery.
 - Biocorneum Silicone Scar Gel – For use one week after surgery. Do not use on eyelid incisions.
 - General Gauze Sponges – Use as needed for wound care. Non-woven for comfort.
 - Extra Strength Tylenol – Lay a foundation of pain control before using additional pain medications for spikes in discomfort. 500mg rapid release tablets to take every 4-6 hours. Do not exceed 4000mg per day (8 tablets).
 - Active Skin Repair Hypochlorous Acid Hydrogel – Apply to incisions twice daily with clean hands. Allow it to dry before applying before bacitracin or other ointment. Do not apply to eye incisions.
 - Chloroseptic Spray – To soothe any throat irritation after surgery.
 - Sleep options - We generally recommend sleeping with your head slightly elevated after surgery to reduce swelling. We also want you to be strictly sleeping on your BACK. Explore these options and see which one works best for you.
 - AM Aeromax Back Sleep Training Pillow – Design trains you to sleep on your back. Recommend placing on top of another flat pillow to keep head elevated. Machine washable cover.
 - Cozymaker Wedge – Elevate your head and neck to an optimum angle. May need to combine with an airplane neck pillow to prevent side sleeping.
 - Airplane Pillow – *Hair Transplant Patients* Bring with you ON THE DAY OF SURGERY.

The following instructions apply to patients who have undergone Otoplasty. Since no two patients are ever exactly alike in their surgical needs, type of surgery performed or rate of healing, we may elect to individualize the following guidelines for each patient. In such instances, we will so instruct you.



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Otherwise, we urge you to follow the advice below very carefully, in order to accelerate your healing and maximize your surgical outcome.

Preoperative Instructions

If possible, do not take any Aspirin or NSAID medications (ibuprofen, motrin, advil, etc) for 14 days prior to your procedure, and then only on the advice of your personal physician. Please let your surgeon know if this is not possible prior to your surgery.

Avoiding alcohol for 7 days prior to surgery can help with the healing process.

Postoperative Instructions

After Otoplasty, you will have a bulky head dressing. This will remain in place until you return to the office in 48 hours. After this bandage is removed, wear a headband OVER the ears to keep them pushed backwards. This must be done for 23 hours a day for the next 5 days (until you are a week out from surgery). The headband may be removed for showers.

You may shower from the neck down after surgery. You may wash your hair and get the area wet 48 hours after surgery (after your bulky head dressing is removed).

When your bandage is removed, expect your ears to be swollen, somewhat reddened and overcorrected. All of these conditions will subside over time.

After the first week, the head band must be worn with sleeping for the next month.

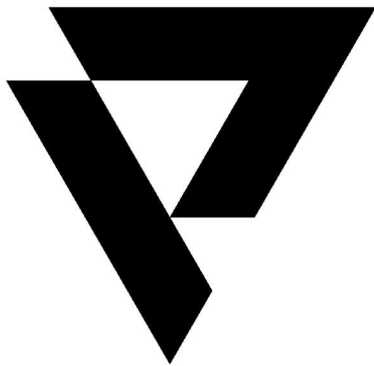
Most patients have their discomfort controlled with extra strength Tylenol. If you have severe pain, particularly if it happens suddenly or is only on one side, please call our office.

Take antibiotics as prescribed. Take probiotics or eat foods containing them to protect your gut health while taking antibiotics.

Clean your incisions once daily with Active Skin Repair Hypochlorous Acid or hydrogen peroxide. Use a clean Qtip to apply bacitracin once daily after the incisions are cleaned.

The sutures do not need to be removed, as they will dissolve over 1-2 weeks.

Walking is recommended after the surgery but avoid any activity that raises your heart rate or blood pressure. Between 1-2 weeks after surgery, you may progress to walking 3 miles for exercise. After 2



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weeks, slowly reintroduce exercise into your routine. Do not engage in vigorous exercise or sports for at least 3 weeks, or until approved by our team.