

## Post Operative Advice Otoplasty

- When you return from theatre your head will be bandaged and this will be left intact until your post operative visit at the rooms in approximately 7 days. You should have been given a post operative appointment, if not contact A/Prof Coombs' office on 03 9591 0714 .
- Keep your bandage clean, dry and intact. If it should become loose, reapply the outer bandage without disturbing the dressings to the ears.
- You may experience some itching to the head due to the bandage. Avoid rubbing or scratching the area and **do not push fingers or objects beneath the bandages.**
- Avoid heavy lifting or excessive exercise until instructed otherwise.
- Following your surgery, rest as much as possible, to assist in your recovery.
- If you experience pain, take Panadol or Panadeine. If this does not provide adequate relief, please notify the hospital or A/Prof Coombs' office.
- At your post operative visit your bandages will be removed and your ears left uncovered. The sutures will dissolve and the areas can be gently moisturised to help keep the suture line soft. The areas will be quite tender and you may notice some bruising and/or swelling which varies between patients, this should resolve in 3-6 weeks.
- A follow up appointment will be made so that A/Prof. Coombs can check that the post operative results are progressing as planned
- Report any excessive discomfort or bleeding and if you have any questions regarding your recovery, please contact the hospital or Brighton office of A/Prof Coombs on 03 **9591 0714.**

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