

**Adelaide  
Plastic  
Surgery  
Otoplasty**



**Discharge  
Information**

# Otoplasty

## Discharge Information

### Recovery

After your surgery you may have a bulky bandage covering your ears. This will remain in place up to 10 days.

### Bleeding

It is normal for the suture lines to ooze blood for 24–48 hours.

If the area bleeds:

- Sit down and rest
- Apply firm pressure over the area for 20–25 minutes.
- Ice packs can be applied to assist in controlling the bleeding.
- If bleeding does not stop please call and speak to one of the nursing staff on 8213 1800 Monday to Friday 9.00am to 5.00pm
- Outside of these hours please call 8213 1800 and listen to the message. You will be provided with contact details for our on call surgeon or nurse.

### Pain or discomfort

Pain and discomfort are expected in the first few days. Gradually this will resolve.

If you are experiencing pain or discomfort take Panadol or Panadeine 4 hourly (as long as you are not allergic to these) with a maximum of 8 tablets in 24 hours.

Alternatively your surgeon may prescribe you a pain reliever.

Aspirin based pain relief should not be taken before or immediately after surgery as this can increase the tendency for you to bleed.

If the pain worsens over the first few days please phone and speak to one of our nursing staff.

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### **Care at home**

Sleeping with your head elevated on two pillows may reduce swelling.

After the bandage is removed your ears may be tender, bruised and swollen.

Unevenness is common and usually resolves with time. Several weeks may pass before the final shape and contour are evident.

We suggest avoiding activities that might bend or hurt the ears, such as contact sports.

Most adults can return to work as soon as the bandage is removed.

Children can usually return to school after seven days, but must be careful in the playground.

The surgeon may suggest wearing a headband at night to protect the shape of the ears.

Avoid wearing earrings for several weeks after surgery. Swelling may make it difficult to insert or remove earrings. Infection is also a risk.

Your surgeon will recommend when to resume normal activities and arrange follow up appointments.

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### **Scar management**

All surgeries result in scarring. To help you to achieve the best results, a number of options suitable to your particular circumstance will be discussed at the appropriate time once healing has occurred.

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### **Any concerns**

Please phone 8213 1800 and ask to speak to our nursing staff Monday to Friday 9.00am to 5.00pm.

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### **In case of an emergency**

Your surgeon or the on call surgeon can be contacted on 8213 1800 at any time.

**We deal with  
whatever life  
deals out**

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