



OTOPLASTY

Pre-operative Instructions

Please advise Dr. Robbins if you are taking any blood thinning medications (e.g. Warfarin, Ibuprofen, NSAIDS, Plavix, Aspirin), These will need to be discontinued prior to surgery per Dr. Robbin's instructions

- **DO NOT** take any of the following 10 days prior to surgery:
 - Anti-inflammatories (ibuprofen, motrin, aleve, advil, aspirin)
 - Homeopathic medications
 - Vitamin E, fish oil, multi-vitamins
- Take a bath or shower daily with an anti-bacterial liquid soap, like dial liquid soap, or hibiclens (can be purchased at walgreens or cvs) starting 3 days prior to surgery.
- **DO NOT EAT OR DRINK** after midnight if you are scheduled before 12 pm on the day of your surgery. If you are scheduled to arrive after 12 pm on the day of your surgery, you may **DRINK** clear liquids (Gatorade, Powerade, Pedialyte, water, black coffee or tea) **UP TO 8 HOURS PRIOR TO ARRIVAL ON SURGERY DAY**
- If you are a smoker- Stop smoking 2-3 months prior to surgery. Smoking causes slower and compromised healing time
- **DO NOT** wear jewelry, dentures, hearing aids, or contact lenses the day of surgery
- **DO NOT** wear make-up, lipstick or deodorant, on the day of surgery
- Wear comfortable, loose fitting clothing that buttons in the front
- You will need to arrive 2 hours prior to your surgery time (unless otherwise instructed)

Post Operative Instructions

MEDICATIONS

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone) **anti-nausea** (*Phenergan/promethazine or Zofran/ondansetron*) as well as a *scopolamine patch* and **antibiotic** (Keflex/cephalexin, doxycycline, or Cipro/ciprofloxacin) prescription.

*The goal is to *stay ahead of the pain* so you can rest comfortably and eat/drink without nausea or constipation.

- Your **pain** medication should be taken with food in your stomach, even if you don't have an appetite, have some crackers or yogurt with it

- Your **anti-nausea** medication is prescribed since narcotic pain meds can increase your chance of nausea/vomiting
- Your **antibiotic** is to prevent infection, take the medicine as prescribed beginning the day you get home from surgery until the entire bottle is empty
- **Take ALL of your medications as prescribed, at least for the first 24-48 hours after surgery**
- DO NOT take aspirin or any products containing aspirin **until 3 days after surgery**

DRESSINGS/BATHING/SUTURES

- You will have a **soft wrap on your head** which will enclose both ears.
- Wrap must be **kept in place, clean and dry** until your first post-op appointment the **day after** surgery. It will be removed and you'll be given a headband to be worn day and night for 1 week.
- **All of your sutures** will be below the skin and will dissolve on their own.
- Apply **Neosporin** twice a day for one week to suture site.

SLEEP/ACTIVITY

- Sleep or rest with your **head elevated on 2-3 pillows**.
- **Avoid turning** to your side while sleeping or resting.
- **Avoid bending, lifting, pulling, pushing, straining and exercise**. After 3 weeks, you may resume normal activities
- **Strenuous exercise and contact sports** should be **avoided for at least 6 weeks**.

NOTES:

Robbins Plastic Surgery
503 Spruce Street, Nashville, TN 37203
Phone: 615-401-9454 | Fax: 615-873-1934