

# Cruise Plastic Surgery

180 Newport Center Drive, Suite 150, Newport Beach, CA 92660, Phone: 949-644-4808, Pager: **949-310-8055**

## PRE-OP & POST-OP INSTRUCTIONS

TIME FOR SURGERY: 1 TO 2 HOURS

**OTOPLASTY** (Ear Surgery)

RECOVERY TIME: 5 - 8 WEEKS

### BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Quit smoking and nicotine use at least 4 weeks prior to surgery as nicotine can impair and delay healing. This includes any nicotine patch or nicotine containing product.
3. Stop all aspirin containing products, medications that contain blood thinners (Ibuprofen Motrin, Advil etc.) vitamin E and herbal supplements including: St. John's Wort, green tee, Gingko and garlic supplements - 2 weeks prior to surgery. You can take 1 multivitamin a day.
4. Let the doctor know if you develop an illness, cold, or any skin infection in the within a week of surgery.
5. Make sure all requested labs and doctors clearance are delivered to Dr. Cruise's office on time.
6. Schedule time off work - approximately 1 week. Less if your job is sedentary.
7. Make sure a responsible adult is confirmed to drive you to and from surgery. Make sure someone is available to stay with you around the clock for 24 hours after surgery (general anesthesia).

### THINGS TO PURCHASE BEFORE SURGERY

1. **Medications.**
2. **Head Band.** Buy a loose fitting head band. This will be worn at night time to protect your ears for the first 6 weeks.
3. **Gauze.** Make sure to have a box of 4x4 gauze. You can purchase at drug store.
4. **Multivitamin.** Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin.

### THE DAY OF SURGERY

1. You may shower and shampoo your hair the night before or morning of your surgery. Clean inside and outside your ears.
2. Food and Drink
  - a. General anesthesia - don't eat for 8 hours and don't drink for 6 hours before surgery.
  - b. Local anesthesia - no food or drink for 2 hours before surgery.
3. Morning of surgery, you may brush and rinse your teeth, but do not eat or drink anything.
4. No moisturizer, body lotions.
5. Do not bring any jewelry or valuables with you on the day of surgery.
6. Wear comfortable, loose-fitting clothing. Wear flat, comfortable shoes. Remove contact lenses and dentures before surgery.
7. Take 2 pills of Celebrex 1 hour before surgery.
8. Someone must drive you to surgery and pick you up. Someone must stay with you the first night (general anesthesia).
9. Pack your bag before you leave to the surgery center. This should include:
  - all paperwork
  - reading glasses
  - your identification
  - warm cotton socks
  - all medications

### AFTER SURGERY

1. Continue to limit yourself to light activities the first week after surgery. However, make sure that you don't stay in bed continuously. Make sure you walk around every once in a while to allow for blood flow.
2. After the first week, limit yourself to activities that are comfortable. No strenuous aerobic activity for 3 weeks after surgery.
3. Make sure not to bend forward for the first few weeks.
4. The night after surgery you will want to have some protective sheets or towels on your pillow. Your incisions will ooze for the first one to two days.
5. After original dressing is removed you will a loose fitting head band at night for 6 weeks. You should have gentle compression. If you cannot put your finger in between the head band and your body, it means it is too tight. If the garment is too tight it will prevent proper blood flow.
6. You can take a cool shower the day after. Let water gently flow over your ears. Pat dry. Reapply head band with gauze unearth it if there is drainage. Make sure someone is with you. You may be nauseated from general anesthesia for up to 2 days.
7. Do not smoke for at least 4 weeks after surgery.
8. Do not use aspirin-containing products for at least one week. You may take Tylenol or pain medications as prescribed.
9. No weight loss diets for at least 3 weeks. Make sure to eat a healthy, well-balanced diet during this time.
10. Avoid direct exposure of incision to sunlight for at least 6 weeks.
11. Be sure to finish your entire prescription of antibiotics.

## WHAT TO EXPECT AS YOU RECOVER

1. Immediately after surgery, some patients feel groggy or nauseous. These feelings normally subside by the next day (general anesthesia).
2. You will probably be sore for the first week. Bruising and swelling is normal and will subside in 2-4 weeks.
3. You may experience some numbness. Remember not to put ice or anything hot directly onto skin because you may have decreased awareness of temperature damage.
4. Ear asymmetry is normal for the first 6 weeks.
5. Often there will be redundant skin in front part of the ear. This will contract over 2 months.

## WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following:

- a temperature of 101°F or higher,
- severe nausea and vomiting,
- continued dizziness or incoherent behavior,
- increased local redness or warmth,
- chest pain, shortness of breath,
- legs swelling or calf pain
- if you feel that anything might be wrong.

Please call the office during regular business hours @ 949-644-4808 or after hours call Dr. Cruise @ 949-310-8055. If either of the previous numbers fail please call our Back-up line @ 949-266-4018.

## POST-OP VISITS AND CARE SUMMARY

### Concern

### Instructions

#### Blood Clot

1. It is important to walk at least every hour while you're awake to prevent blood clotting - do not over do it. Right after surgery you will be instructed to walk around every 1 hour.
2. Pay specific attention to leg swelling. If you notice swelling on only one leg or calf pain contact the office.

#### Constipation

1. If you are constipated at day 2 stop taking Vicodin or Darvocet.
2. Encourage walking, drink a lot of fluids, and consider laxative (Ex-lax or Correctol).

#### Fever

1. Make sure to cough and breathe deep as fever is usually in lungs for the first 3 days after surgery.
2. After original dressing is removed you will a loose fitting head band at night for 6 weeks. You should have gentle compression. If you cannot put your finger in between the garment and your body, it means it is too tight. If the garment is too tight it will prevent proper blood flow.

#### Garment Placement

3. You can take a cool shower the day after. Allow clean water to run over your head and ears. Use generous amounts of shampoo and conditioner as there may be some blood in your hair. Don't wash the ear directly. Pat dry. Make sure you have someone helping you.

#### Activity

4. Walk every hour while awake for the first day and then every 2 hours.
5. Sleep at 45 degree angle for the first 3 nights.
6. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do.
7. You can start exercise at 4 weeks.

#### Wound Care

1. Your gauze will be changed at your follow up visit.
2. Make sure your head band is placed correctly while sleeping.
3. Keep surgical area clean and dry at all times.

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Patient Signature

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Date

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Representative of Cruise Plastic Surgery