



ADVANCED AESTHETIC CENTER FOR
ORAL AND MAXILLOFACIAL SURGERY

POSTOPERATIVE INSTRUCTIONS FOLLOWING EAR LOBE REPAIR SURGERY

WE GREATLY APPRECIATE THE CONFIDENCE YOU HAVE SHOWN IN US BY ALLOWING US TO ASSIST YOU IN IMPROVING YOUR APPEARANCE AND HEALTH. YOU MAY BE ASSURED OF OUR STRONG COMMITMENT TO HELPING YOU ACHIEVE THE BEST SURGICAL RESULT POSSIBLE. WE URGE YOU TO FOLLOW THE ADVICE BELOW VERY CAREFULLY IN ORDER TO MAXIMIZE THE BENEFIT OF YOUR SURGICAL OUTCOME AND RECUPERATE AS QUICKLY AS POSSIBLE WITH THE LEAST AMOUNT OF DIFFICULTY.

INSTRUCTIONS

1. TAKE THE MEDICINE(S) DR. DÍAZ HAS PRESCRIBED, IF ANY; THESE ARE TO PREVENT INFECTION, HELP ALLEVIATE PAIN AND DIMINISH SWELLING. PLEASE CALL OUR OFFICE **AS SOON AS POSSIBLE** IF YOU HAVE MULTIPLE EPISODES OF NAUSEA, HEAVING AND/OR VOMITING.
2. YOU MAY TAKE TYLENOL® IF YOU NEED TO FOR PAIN OR FEVER. AVOID ANY FEVER RELIEVING AGENTS THAT CONTAIN ASPIRIN OR HAVE ANTI INFLAMMATORY PROPERTIES LIKE ALEVE®, ADVIL® OR MOTRIN®; THESE MAY CAUSE MORE BLEEDING.
3. AVOID RUBBING YOUR EARS AS MUCH AS POSSIBLE WITH THE PILLOW WHILE YOU SLEEP.
4. NORMALLY, EAR LOBE REPAIRS **DO NOT** CAUSE SEVERE PAIN. IF YOU DEVELOP OR HAVE CONSTANT PAIN, ESPECIALLY IT DOES NOT SEEM TO GO AWAY OR IT INTENSIFIES OVER TIME, AND/OR SIGNIFICANT SWELLING WITH BRUISING OR BLACK AND BLUE, **PLEASE** CALL OUR OFFICE IMMEDIATELY.
5. IF ANY BANDAGES WERE PLACED (STERI-STRIPS™), LEAVE THESE ON AROUND YOUR EAR LOBES UNTIL THE DOCTOR SEES YOU AGAIN. THEY MAY FALL OFF BY THEMSELVES REGULARLY.
6. THE STITCHES (SUTURES) MAY CAUSE SOME DISCOMFORT. THE SUTURES WILL BE REMOVED AROUND DAY 6 OR 7 AFTER THE PROCEDURE. THE DOCTOR WILL INFORM YOU EXACTLY WHEN THESE WILL BE REMOVED.
7. YOU MAY SHOWER THE EVENING FOLLOWING THE DAY OF SURGERY (I.E. 24 HRS. AFTER). YOU CAN SHAMPOO YOUR HAIR AND GENTLY CLEAN YOUR EARS. PLEASE AVOID THE EAR LOBES. **DO NOT RUB** THE WOUNDS, PLACE MAKE-UP OR PULL ON THE STITCHES. PAT DRY YOUR EAR LOBES.
8. THE WOUND(S) MAY OOZE FOR THE FIRST 24 - 48 HOURS AFTER SURGERY. THE OOZING FLUID MAY HAVE A BLOOD TINGE TO IT; THIS IS NORMAL. YOU MAY ALSO HAVE SOME DRY BLOOD SEEN THROUGH THE BANDAGES COVERING THE EAR LOBES.
9. KEEP THE EAR LOBES AS CLEAN AS POSSIBLE. IF THE BANDAGES COME OFF, YOU MAY GENTLY CLEAN THE WOUNDS DAILY FOR THE FIRST FOUR (4) DAYS WITH A SOLUTION OF 1:1 RATIO OF WATER TO HYDROGEN PEROXIDE AND COTTON APPLICATORS (Q-TIPS®) TO REMOVE DRY BLOOD MAKING SURE NOT TO DISRUPT THE WOUND.
10. **ABSOLUTELY NO SMOKING.** AVOID EXTREME PHYSICAL ACTIVITY, STRAINING, EXERCISES, OR EXERTION FOR AT LEAST THREE (3) DAYS. REST MORE THAN YOU USUALLY DO. AVOID PROLONGED TELEPHONE CONVERSATIONS AND SOCIAL ACTIVITIES FOR THAT TIME AS WELL.
11. **DO NOT WEAR** HEAVY OR TIGHT EARRINGS FOR SIX (6) WEEKS TO AVOID PAIN, INFECTION OR THE POSSIBILITY OF WOUND(S) OPENING.
12. AVOID EXCESSIVE EXPOSURE TO SUN (INCLUDING SUN-TANNING PARLORS) IN THE FIRST THREE (3) WEEKS. IF YOU ARE PLANNING ON BEING OUT IN THE SUN YOU SHOULD ALWAYS PROTECT THE EAR LOBES WITH A STRONG SUN SCREEN (E.G. SPF30 OR GREATER.)