

# Michael R. Macdonald, MD

BOARD CERTIFIED FACIAL PLASTIC SURGEON



Aesthetic Surgery & Skin Rejuvenation

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## **OTOPLASTY POST-OP INSTRUCTIONS**

- TO REDUCE SWELLING:** When sleeping during the first week post-surgery, keep your head and shoulders elevated about 30 degrees using 2-3 pillows. Do not bend at your waist thus allowing your head to drop below the level of your shoulders. Refrain from any lifting or straining during this first week.
- BANDAGES:** There is a bandage around your head that is to remain in place for 4-6 days. The bandage is removed at your first follow-up visit.
- ICE:** Icing is not required.
- MEDICATIONS:** Take all medications as instructed.
- ACTIVITY:** Your first night post-op, bed rest with a small amount of walking is allowed. Avoid strenuous exercise for 3 weeks and swimming for 4-6 weeks.
- WASHING/BATHING:** Keep the bandages dry. You may wash your hair 7 days after surgery.
- DIET:** You should have liquids only for the first 6 hours following surgery. A regular diet may be resumed the day after surgery.
- SIGNS OF INFECTION:** You should notice a gradual reduction in discomfort from the wound. Any marked increase in discomfort, temperature of 100.5 or greater, increase in redness, or drainage from the wound should be reported to Dr. Macdonald immediately. These may be signs of infection.
- QUESTIONS:** Should you have any questions or concerns, please contact the office. If voicemail picks up or it is after hours, Dr. Macdonald's mobile contact number or call coverage arrangements are indicated.