



PATIENT INFORMATION SHEET

# OTOPLASTY POST OPERATIVE CARE

DR WILLIAM MOONEY MBBS FRACS  
[www.drwilliammooney.com.au](http://www.drwilliammooney.com.au)

## OTOPLASTY POST OPERATIVE INSTRUCTIONS

Contact Dr Mooney at once if you have any of the following concerns:

- Fever greater than 38.5C
- Excessive bleeding
- Excessive or increasing pain
- Increasing redness of the skin around the incision sites
- If you are disturbed or worried about any aspect of your surgery or recovery

For **EMERGENCY** please contact Dr Mooney through the switchboard of your operative hospital (after hours) or his consulting rooms at which you visited:  
Bankstown: 02 9796 7007  
Marrickville: 02 9569 7055  
Bondi: 02 9387 6622  
Darwin: 08 8981 7318

Further information can be obtained from:

[drwilliammooney.com.au](http://drwilliammooney.com.au)

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- The postoperative dressing is a complete head wrap and a very important part of the surgery. It should therefore not be disturbed. There may be some bloody drainage on the dressing. This is normal. If it seems excessive or if the discomfort is not controlled by the medication please call Dr Mooney's rooms for immediate attention.
- Expect your ears to be bruised and swollen following surgery. The majority of this resolves within the first two weeks; however, the swelling will continue to resolve and subtle changes will be noticed for up to six months following surgery. What you see now will not be the final result. Swelling and bruising can often give the appearance of asymmetry for a few weeks.
- Some altered sensation or numbness in the ears is normal and generally subsides within six months after surgery.
- Please leave all of your surgical dressings in place. They will be removed one week following your surgery and follow up appointment with Dr Mooney. You may want to bring a scarf or hat to the surgery so that you can cover this when leaving should you be concerned about such.
- Purchase a three-inch soft fabric head band prior to your surgery. Dr Mooney will instruct you further as to when you will need to wear your headband. Usually you will wear it continuously (24 hours a day) for a period of time and then be instructed to wear the band just at night.
- Please do not use aspirin or product containing aspirin or ibuprofen (Nurofen) prior to or after your surgery, as they may produce a nose bleed.
- Please do not smoke as it slows post operative wound healing significantly.
- Please be careful not to sleep on your side or lay any significant pressure on your ears in the first 7 days post operation.
- You may feel tired and run down for the first few weeks after your surgery. Ensure that you have not scheduled anything too strenuous or demanding of yourself in this period.
- You should be reviewed at one week post-op or as directed by Dr Mooney. At this time your head dressing and sutures will be removed and you may discuss any further concerns and issues you may have.

## TIPS TO REMEMBER FOR YOUR COMFORT

- Rest as much as you can and keep your head elevated at all times. Do not lean over. Try to sleep with your head up using 3 to 4 pillows – your posture should be at a 45 degree angle.
- No work, exercise, sport or any activity likely to raise your blood pressure for the first 7 days. You may do some *gentle walking* in the second week only.
- You may bathe 48 hours after your surgery – do not get your head dressing wet! A bath is advised rather than a shower.
- You may wash your face, gently with warm water and a mild soap. Carefully pat dry. Do not get your head dressing wet.
- You may wash your hair 24 hours ONLY after your sutures are removed. Gently dry your ears thoroughly.
- Do not wear earrings for at least two weeks following surgery.
- Do not wear glasses until Dr Mooney gives you permission to do so.
- Do not drive on medication.