



## **Pre and Post Operative Instructions**

### **OTOPLASTY**

#### **BEFORE SURGERY**

1. The morning or evening prior to surgery you are requested to shower, and please shampoo your hair.
2. Please purchase an elasticated sports headband as advised at consultation.

#### **DAY OF SURGERY**

1. Remove nail polish, contact lenses, jewellery and all makeup whilst at home.
2. Wear comfortable, front opening, loose clothing.
3. Bring with you your toiletries, slippers etc., and your headband.

#### **AFTER SURGERY**

1. Bandages must be kept on for one week after surgery as instructed. They provide pressure and protection.
2. Wear an elasticated headband to protect the ears when sleeping for two weeks after surgery.
3. Report any excessive pain or bleeding to the surgeon or the sister in charge immediately.
4. Do your best to avoid any contact with the ears.

Please note this hospital has a no smoking policy