

Post-operative Instructions

Otoplasty

Bandages:

- ✓ You leave the clinic with a bandage around the head.
- ✓ During the first check-up, the bandages are changed and the wound is checked and rinsed with disinfectant. A new bandage is placed over the area. It is recommended to use a headband in winter in order to protect the ears from cold.
- ✓ You must not remove the bandages on your own!
- ✓ In the immediate post-operative period until the wounds are healed, it is very important to use an elastic band over the ears. It compresses the operated areas and aids the healing process. You should still wear the elastic garment when discharged from the clinic, back at home and in their daily routine for four to six weeks.

Regime and Rest:

- ✓ Until the bandages are removed, it is important to rest. **The ideal position is on the back, with the head and body slightly elevated, to reduce, as much as possible, any post-operative complications.** It is also advisable to use two pillows on each side to avoid lying on the side during the night and harming the operated area.
- ✓ You should keep this position when asleep also for at least five to seven days after the bandages have been removed.

Incision Care:

- ✓ Within five to seven days of the operation, once back at home, you can wash your hair with tepid water and preferably mild (for example, baby) shampoo. Attention should be paid to careful movements when drying the hair and a soft towel is advised.
- ✓ After the bandages have been removed, you should clean the area behind the ears with a disinfectant put on cotton wool buds.
- ✓ Chemical treatment of the hair (dying, perming) is not advisable until several weeks after the operation and always after consultation with the doctor.

Massages:

- ✓ It is possible to apply massages of the scar once the wound had been healed.
- ✓ Special lotions or gels minimising scars or haematomas can also be recommended by the physician.

Undesirable Habits:

- ✓ Smoking and addictive substances generally speed up ageing and slow down the healing process; they should be avoided (at least one to two months).

Possible Reactions after the Operation:

- ✓ In some cases your temperature may slightly rise for a two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the treated area.
- ✓ You might experience feelings of tightness in the area of the scars and partial loss of sensitivity. This is quite common but soon disappears.

Possible Complications:

- ✓ Post-operative bleeding, or bleeding caused by insufficient post-operative care at home
- ✓ Swelling
- ✓ Prolonged healing
- ✓ Haematomas
- ✓ Infection of the wound
- ✓ Imperfect effect resulting from nonobservance of the post-operative instructions given by the doctor.

When to Call:

- ✓ If you have increased swelling or bruising.
- ✓ If swelling and redness persist after a few days.
- ✓ If you have increased redness along the incision.
- ✓ If you have severe or increased pain not relieved by medication.
- ✓ If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- ✓ If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- ✓ If you have bleeding from the incisions that is difficult to control with light pressure.
- ✓ If you have loss of feeling or motion.
- ✓ If you have a nosebleed or any unusual symptoms.

These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients' capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions.

We would love to see how the healing process went and if you are satisfied with the results. Could you please send us some pictures after 2-3 months after the surgery so we can evaluate the results of the treatment.

Cosmetic Surgery Post-operative Care:

For full post-operative care, including wound dressings, removal of sutures, wound fluid aspiration and general advice following the surgery, our patients can receive preferential rates at:

Medical Express Clinic

117a Harley Street
 London W1G 6AT
 Tel: 02074991991

or

Karen Marwood-Jones R.G.N.

4 Upper Wimpole Street
 London W1G 6LF
 Tel: 07901822393

The cost of the consultation will vary, according to the nature of your surgery. For standard wound care and suture removal, MediCzech patients will be charged only £80 per session.

or

Judith Jobling, RGN. RM. INP. LLB (Hons)

Aesthetic and Bariatric Nurse Specialist and Band Fill Practitioner

Beauty Is Skin Deep

3 Chiltern Avenue, Flixton

Manchester M41 8SX

Tel: 07947606275

Free personal consultation at clinic which is situated near motorways and close to the Trafford Centre.

Evening and weekend appointments available. Home visits can be arranged at extra cost.