



James A. Rieger, MD
316-652-9333

Post Operative Information for Otoplasty

The following information is intended for your well-being and will assist you during your recovery period. If you have any questions please do not hesitate to ask or call us at 316-652-9333 (there is an answering service 24 hour/day). For after hours, post-surgical concerns if you have left a message and have not received a call back within 30 minutes, you may call Kansas Medical Center at 316-300-4000 and have them contact me. If you are experiencing a medical emergency and need immediate medical attention please go to the nearest emergency room or if necessary dial 911.

Following surgery, you will go to the post-anesthesia care unit to recover before leaving the facility. It is normal to feel lightheaded or weak after surgery. It is recommended to have someone assist you to and from your car, with your seat belt, dressing/undressing, in the bathroom, and getting in and out of bed. It is advisable that you have a responsible person stay with you for the first 24 hours following surgery.

Some reasons to call:

- Fever
- Pain not relieved by medication
- Severe pain
- Severe or asymmetric swelling
- Redness, warmth, drainage or odor from the operative site
- Bleeding
- Persistent nausea, vomiting, inability to urinate or constipation
- If you have ANY questions or concerns regarding your condition or surgery

A Note About Questions

Your healing journey is unique, and no two recoveries are exactly alike. If something worries you, please reach out to our office directly. We know your medical history and surgery details, and can give you advice that's safe and specific to you. Online forums and social media may offer general information, but they can also be confusing or misleading. We're here for you—day or night—so please call us anytime you have questions or concerns. **316-652-9333**

Avoid the risk of extreme swelling & post operative problems by avoiding the six "S's"

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|--------------------|-------------------------|
| 1) Straining | 4) Sunshine |
| 2) Stooping | 5) Smoking |
| 3) Sexual activity | 6) Strenuous activities |

We will see you for a follow-up appointment 1 week after your surgery. This is usually scheduled at your pre-op visit. If it wasn't, please call our office at 316-652-9333 to make the appointment.



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"DO"

- Have your prescriptions filled right away.
- Completely finish your antibiotics and use pain medication as needed, following directions.
- Keep your head elevated (use extra pillows) when resting to minimize swelling.
- Wear your head dressing or protective band as instructed — do not remove it until directed.
- Keep the bandage clean and dry. If it slips, do not attempt to rewrap — call our office.
- Gradually progress to a normal diet beginning with liquids and light foods (i.e., jello, crackers, soups).
- Resume taking any prior daily prescriptions, UNLESS they are on the list of medications to avoid.
- Begin walking slowly around your home as soon as possible to reduce the risk of blood clots.

"DO NOT"

- Do not take responsibility for children or needy adults in the first 24–48 hours after surgery.
- Do not make any important decisions or sign important papers in the 24 hours following surgery or while taking pain medication.
- Do not drive, operate machinery, or use tools until it is specifically allowed (usually three days) OR if you are taking narcotics.
- Do not bend over, lift heavy objects, or engage in strenuous activity for at least three weeks.
- Do not sleep on your side or put pressure on your ears until cleared by Dr. Rieger.
- Do not expose incisions to water (pools, hot tubs, baths) until you are instructed otherwise. Showers are permitted after dressing removal, unless told otherwise.

What to Expect After Otoplasty

- Your ears will be covered with a protective dressing immediately after surgery. This helps reduce swelling and supports the new ear position. You may transition to a lighter headband after the first few days, which you will wear as directed (often at night for several weeks).
- Mild to moderate discomfort, tightness, or throbbing around the ears is normal in the first few days. Pain should be well controlled with prescribed medication. It is also common for the ears to feel numb, itchy, or overly sensitive as they heal.
- Swelling and bruising are expected and may extend into the cheeks or neck. These usually improve within 1–2 weeks, though mild swelling can take longer to fully resolve. Final results may not be seen for several months.
- Avoid strenuous activity, bending, lifting, or pressure on the ears until cleared by Dr. Rieger.
- You must sleep on your back with your head elevated to avoid putting pressure on your ears. Side sleeping is not permitted until you are told it is safe.
- Your sutures are usually placed behind the ears and will be monitored at your follow-up. Keep the area clean and dry. Showers are permitted after dressing removal, unless otherwise instructed.
- Your ears may look uneven or overly shaped in the first days after surgery due to swelling. This typically improves as healing progresses. Patience is important while waiting for the final result.