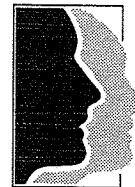


MARC E. LIEBERMAN, M.D., F.A.C.S.

Ear, Nose and Throat
Facial Plastic Surgery



OTOPLASTY (EAR PINNING) INSTRUCTIONS

PRIOR TO SURGERY

- No aspirin or aspirin-containing products for 2 weeks prior to surgery, as well as for 2 weeks following the surgery.

NIGHT BEFORE SURGERY

- Thoroughly remove all of your makeup.
- Do **not** have anything to eat or drink starting 8 hours before surgery.

DAY OF SURGERY

- Wear loose, comfortable clothing. Make sure your shirt does not have to be pulled over your head to be removed.
- Do **not** wear any makeup on your face.
- For any discomfort, take the pain medication that your doctor has given you. Do **not** wait until you are in a great deal of pain, as the medication will be less effective and will take longer to "kick in". If you do not get any relief, call your doctor.
- After the procedure keep the wound dry for 24 hours. On the morning after your surgery you can remove the head wrap just long enough to take a shower. After your shower apply a triple antibiotic ointment (Neosporin) to the incision. Continue to apply the ointment once a day until the sutures are removed.
- Make sure that you wear a head wrap continuously for the first postoperative week. It can be removed only when you take a shower.
- For optimum results continue to wear the head wrap while sleeping for the next 3 weeks.
- No school or work for the first postoperative week and no strenuous activity (gym) for 2 weeks.

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