



# Caring for your child at home after an **OTOPLASTY**

*Dear Parents, your child has just had an otoplasty and is now ready to go home. An otoplasty consists of correcting the protruding external ear (pinning ear). It could also consist of reshaping and remodelling of the deformed ear. The procedure will not affect your child's hearing because it involves only the outer ear. This information will help ensure your child has a safe recovery after leaving the hospital.*

## Care for the surgical site

- Large pressure dressings and bandages are applied around the ears and head, turban style.
  - Keep it dry and clean. It will be removed in 5 – 7 days at the follow-up appointment.
  - As needed, reinforced it as instructed by the nurse in the Post-Anesthesia Care Unit (Recovery Room).
- Avoid probing underneath the dressing with any object for example to scratch. This can increase the risk of infection and other complications. No “pull-over” clothing for at least 2 weeks.
- After the pressure dressing is removed:
  - Reinforced sticky bandages or steri-strips (pieces of white tape directly on the wound) may be applied during the surgery. Leave them in place and do not pull them off; they will eventually fall off on their own.
  - Keep the incision clean and dry.
  - There may be some stitches behind the ear. They are mostly dissolvable, if not they will be removed at the follow-up appointment.
  - Some bruising and swelling may be noticeable and they may last for 10-14 days.
  - Some numbness may exist around the operative areas.
  - Tenderness could last up to 3 months.
  - As instructed by the surgeon, a clean headband to be worn over the ear area for 4 weeks day and night, then 2 weeks at night only.
  - Avoid exposing scars to sun for at least 12 months. If sun exposure is unavoidable, always use strong sun block (SPF 30 or greater).

## Pain management

- Give acetaminophen (Tylenol® or Tempra®) every 4 hours if needed, but no more than 5 doses total in 24 hours. Next dose may be given only at \_\_\_\_\_ hours.
- Other medications might be prescribed. **It is very important to follow the exact dosage and frequency prescribed.**
- Refer to other instructed pain management information.

## When will life go back to normal?

- **Activity:** Quiet activities today with close supervision. No gym or sports for 10 days. No contact sport for 6 weeks.
- **Bathing:** May have a bath tomorrow. Shampoo the hair only after the head dressing is removed (Refer also to the section above “Care for the surgical site”)
- **Diet:** Give water, apple juice, Popsicle, flat ginger ale or Jell-O for one to two hours. If tolerated, proceed to a soft diet such as soup, yogurt, ice cream and/or cereal. The day after surgery your child may take a normal diet.
- **School/Daycare:** May go back to school/daycare tomorrow, but must keep the bandage on.

## When to call the doctor?

- Pain that does not lessen even after giving your child the prescribed medications.
- A fever of 38.5° C (101°F) or higher, 48 hours after the surgery.
- Unable to reinforce loosen dressing, or accidental pull off the head dressing.
- Persistent drainage or bleeding from the wound.
- Persistent numbness.

## Follow-up

- For your next appointment please call 514- 934-1934, extension: \_\_\_\_\_
- Clinic \_\_\_\_\_ Doctor: \_\_\_\_\_
- Type of follow-up recommended:  in clinic  by phone  other \_\_\_\_\_

## Contact Information

**IF CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514- 934-1934 AND ASK FOR THE PHYSICIAN ON CALL FOR THE \_\_\_\_\_ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.**

***Disclaimer:** Information provided by this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning the care of your child.*