

## Otoplasty (Ear Surgery) Post Operative Instructions

### LONGER TERM POST OPERATIVE INSTRUCTIONS\*

- **ACTIVITY/SPORTS:** We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 3 to 4 weeks. Dr. Meeks will give you clearance to increase your activities according to the progress of your recovery.
- **DRIVING:** You may resume driving when you feel you are able, but wait at least 2 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive!
- **SEXUAL ACTIVITY:** You may enjoy sexual activity as your body allows with the following restriction: please reread Activity/sports above and apply the same concept to sex.
- **SUN EXPOSURE:** If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take Extra Care and precautions if the area operated on is slightly numb-you might not "feel" sunburn developing!
- **WORK:** Follow whatever plan you and Dr. Meeks have agreed upon.

### SPECIFIC AS YOU HEAL INFORMATION

- **COLD WEATHER:** Protect your ears from cold temperatures. Because of temporary numbness, you may not feel extremes of temperature. Tingling, burning, and "shooting pain" sensations may occur as the superficial nerves regenerate.
- **WARM WEATHER:** For 3-6 months after surgery, your ears will turn pink and may swell in hot weather.