



## **IPOST-OPERATIVE INDICATIONS FOR OTOPLASTY**

As with other cosmetic surgery procedures, the person undergoing otoplasty should follow behavioral guidelines that will help him or her in their recovery. The most common are the following:

- You should not exert yourself, or support your ears, or perform activities that cause you pain.
- It is important to take care of the post-operative and bandages that are left initially to help shape the ear and avoid liquid collections. The use of an elastic band is specified for approximately 4-6 weeks post-operatively.
- Depending on the type of work and each patient, the return to work will be more or less rapid. It is usual to return to activity 2 or 3 days after the intervention, although it can be delayed in cases where work requires some physical effort. In this sense, it is advisable to consult Dr. Luis Alberto Guerra Araujo before making a decision.
- The patient who has undergone an otoplasty can drive from the day after the operation.
- In order to carry out a sport activity that requires intense physical activity, it will be necessary to wait one month after the operation. If, on the other hand, the sport chosen is walking, static cycling or similar activities, it is possible to resume them earlier.
- Appointment control 2 or 4 days after surgery, please call the secretary to confirm appointment at telephone: 3166280790.
- To take punctually the medicines formulated especially the antibiotic.
- Avoid brushing during the first 3 months after surgery, if you do this can cause irreversible spots on the skin, use daily sunscreen SPF 50 in the treated area.
- You should not smoke or be in contact with cigarettes during this period (3 months), it does not promote healing.
- If the temperature is above 38°C, please contact Dr. Luis Alberto Guerra Araujo.