

# PARK MEADOWS COSMETIC SURGERY

7430 East Park Meadows Drive, Suite 300 · Lone Tree, CO 80124

T: 303.706.1100 · TF: 800.844.2496 · F: 303.790.7322

## Post-Operative and Home Care Instructions for Earlobe Repair Surgery

**DRIVING:** No driving if on prescription pain medication.

**ACTIVITY:** You may walk and climb stairs immediately following your procedure. Sleep with head of the bed elevated or use 2-3 pillows for first week following procedure. After 2 weeks, you may resume moderate activity such as brisk walking. After 4 weeks, you may resume more strenuous aerobic work and lifting activities. Avoid unprotected prolonged sun exposure for 6 months to prevent pigmentation of incision lines.

**WORK:** Depending on your career and your rate of healing, you should be able to return to work immediately or within a few days of surgery. Your surgeon will be able to give you a better estimate depending on your physical and professional profile.

**WOUND CARE:** Your surgeon will take down your dressing at your first post-operative visit. Do not remove your dressing at home. Your dressing may get wet in the shower. Try to direct the shower to your back, but it is fine if the dressing gets wet. Pat dry after your shower.

**BATHING:** You may shower and wash your hair 48 hours after surgery. Shower only for the first 30 days post-operative. Try to keep the shower directed at your back and not at your incision or dressing. It is okay if the dressing gets wet in the shower. Pat it dry after your shower. For the first 4-6 weeks after surgery, do not submerge in a bathtub, pool, or hot tub.

**MEDICATIONS:** Ask your surgeon when you may resume your blood thinning medications. All other prescription medications may be resumed immediately, as usual. If you are taking pain medicine, you are encouraged to follow a high fiber diet or take a stool softener such as Colace (available over the counter), as pain medications tend to cause constipation. If you are not taking prescription pain medication, over-the-counter pain medication may be used, as needed, per instructions on the bottle.

**SMOKING & ALCOHOL:** Do not smoke for the first several weeks after surgery as it impedes wound healing and can lead to serious wound complications. Alcohol consumption is dangerous while taking pain medicine. It has a tendency to worsen bleeding.

**POST-OPERATIVE APPOINTMENT:** Your first follow-up visit will be 1 week after surgery. Your surgeon will then see you at appropriate intervals after this to monitor your progress.

**SPECIAL CONSIDERATIONS:** CALL your surgeon immediately if you experience any of the following: excessive pain, bleeding, redness at the incision site, or fever over 101° F.

**PAIN:** If you experience severe pain not relieved by pain medicine, notify your surgeon immediately. Some discomfort is expected after surgery and is usually relieved by over-the-counter pain medication.

**DELAYED WOUND HEALING OR WOUND DEHISCENCE:** In some instances, the incision site takes longer to heal than normal. Cigarette smoking, poor nutritional status and a compromised immune system can all cause delayed wound healing or wound separation.