



It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Please take 15-20 deep breaths per hour frequently to keep your lungs clear. Keep your head elevated about 30 degrees (two pillows) with your knees slightly flexed. Facial movements (smiling, talking, chewing, yawning, etc.) should be kept to a minimum for the first week.

Avoid straining of any kind for the first 48 hours. When awake in bed, please flex your feet and legs 3-4 times every hour.

Apply ice bags to your ears for twenty minutes once hourly for the first 48 hours to reduce swelling post-operatively.

If you have pain or discomfort, take the pain medication every 3 to 4 hours. It is best to take the pain medication with crackers, jello, etc. If you do not have pain, please do not take the pain medication. Do not drink alcohol while taking the pain medication. The first 24-48 hours to keep the pain cycle suppressed, you may take the pain medication every 3 to 4 hours.

A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or jello. You may start with a soft, regular diet the next day.

After surgery you will have a compression headdress around our ears that needs to be worn 1 week (day and night.) Dr. Camp will remove the headdress after 1 week and replace it with an athletic headband which you will wear for 2 weeks (day and night.)

DO NOT SMOKE. This is very important.

After your dressings and drains have been removed you may wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before all the crust and ointment is out of your hair (use a conditioner to help remove

Matthew Camp, M.D. Otoplasty After Care Instructions.

the ointment/oil.) Your hair may be dried with a blow dryer on a cool, not a hot, setting. Hair coloring should be delayed until 3 weeks after surgery when healing is complete and no crust remains. Do not wear pullover clothing or hairpieces for 2-3 weeks after your otoplasty as you could disrupt your incisions.

Normal activity can be gradually resumed after 3 weeks but strenuous activity (heart rate above 100 beats per minute) should be avoided for another week. Strenuous activity/lifting of objects heavier than 10 lbs. should be avoided for the first 3 weeks after surgery.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and always use a sunscreen with SPF 20 or greater (with UVA and UVB protection) even on cloudy days for at least 6 months. Wear a wide brim hat and sunscreen (SPF 20 or greater with UVA and UVB protection) if you are in the sun for prolonged periods.

WHAT TO EXPECT AFTER SURGERY

Your ears will feel tight and there will be a feeling of numbness in these areas for several weeks to months after surgery. It will disappear and your feeling will be perfecting normal.

You can expect some swelling of the face and ears after surgery. If the swelling on one side is definitely more pronounced than on the other side or if you are having pain which is not relieved by the pain medication, please call Dr. Camp.

You may have a dull headache for the first 2 weeks following surgery.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

If you develop a fever (oral temperature greater than 100°), or have an increase in pain please call Dr. Camp immediately.

It is important to be seen by Dr. Camp after your initial post-op checks. He will see you in follow-up appointments at 1 week, 3 weeks, 6 weeks, 6 months and 1 year post-op. We will make these appointments for you.

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IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. CAMP

If you are a patient at one of the facilities below, please call between the hours of 8:00-5:00. If you need immediate care, please call Dr. Camp anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

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14000 Nicollet Ave. So., #304 Burnsville, MN 55337 (952) 898-1600	7373 France Ave. So., #304 Edina, MN 55435 (952) 224-5712	2765 Kelley Parkway, #100 Orono, MN 55356 (952) 345-4222	1350 LeSauk Drive Sartell, MN 56377 (320) 252-7546

Dr Camp's Cell Phone Number: 507-383-3134 (Cell)

Dr. Camp's E-mail: MCamp@skincaredrs.com

