

## OTOPLASTY

### Discharge Advice

#### Patient information - Otolaryngology (Ear Nose & Throat) Dept

### What is Otoplasty?

#### (correction of prominent ears)

It is a procedure performed for people who have prominent or protruding ears. The surgery reshapes the cartilage in the ears to bring them closer to the head.



### What do I need to know after surgery?

#### Wound Care

- You will have a head bandage in place for the first one to two days after surgery. It is extremely important that the bandage remains in place for this time to help reduce swelling and bruising.
- While the bandage is in place, you will be unable to wash your hair.
- The bandage will be removed at a follow-up appointment.
- There may also be some small sutures to remove at that time.
- You may be required to wear a bandage or snug fitting head band at night to protect the ears for the next two to three weeks following the removal of the bandage.
- No dressings are generally required once the bandage has been removed.

#### Precautions

- Your ears may become itchy due to the heat and tightness of the bandage. Please do not undo the bandage or attempt to scratch underneath it.
- It is usual to have one week off school or work following surgery and to avoid strenuous activities during this time.

#### Pain relief

- Paracetamol (tablets or syrup) taken regularly every 4-6 hourly is usually all that is required. Do not exceed the recommended dose.

## Complications

- If you experience any of the following:
- increasing pain
- feeling feverish – hot or cold
- bleeding through the bandage
- the bandage appears to be loose, shifting or falling off.

## Please seek medical advice:

- from your GP
- through the contact details on the back of this pamphlet.

## Follow Up

It is important to attend any outpatient appointments that you receive

## Contact Details

### Christchurch Hospital

#### ORL Outpatient Department

Telephone: 364 0985

Hours: Monday–Friday 8.00 am–5.00 pm

#### Ward 21 (Children's Ward)

Telephone: 364 0640 Extension: 89210

#### Adult ORL Ward

Telephone: 364 0640 and ask for the ENT ward

#### Day Surgery Unit

Telephone: 364 4034

Hours: Monday–Friday, 7.00 am–7.00 pm

1st floor Christchurch Women's Hospital

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high quality ORL services to  
the people of  
Canterbury and beyond.**

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- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)