



Robert Louton, MD

BLAIR PLASTIC SURGERY

OTOPLASTY – FACT SHEET

1. **DO NOT** sunburn or suntan surgical area one month prior to procedure.
2. Keep wound site clean and dry.
3. Keep head elevated above the level of the heart to prevent swelling and reduce discomfort.
4. If bleeding occurs, hold pressure over the wound site. If bleeding persists, notify Dr. Louton immediately
5. Take acetaminophen (such as Tylenol) every 4 hours as needed for pain unless another medication is prescribed by Dr. Louton.
6. You will wear a head dressing for 5 days, please keep this dry.
7. No exertion or lifting for 2 weeks.
8. You may begin gentle walking 1 mile a day after 2 weeks.
9. No exercise for 1 month.
10. Return if sign of infection occurs*
11. Call Dr. Louton's office as soon as possible to schedule an appointment for follow up.

Signs of Infection

- If wound becomes red, swollen, tender or hot to touch.
- If red streaks are seen coming from the operative area.
- If you develop a fever.
- If the wound breaks open or being draining.
- If there is a constant or increasing pain at wound site.

Please notify Dr. Louton for any problem day or night at (814) 949-7280.