

**Beeson Cosmetic Surgery**  
3660 Guion Road, Suite 320  
Indianapolis, IN 46222  
(317) 846-0846

**OTOPLASTY**  
**POST-OPERATIVE INSTRUCTIONS**

1. Keep the head of the bed elevated approximately 30 degrees for 2 weeks.
2. Sleep on your back and keep head straight while lying in bed.
3. Do not roll on your side.
4. You will need to sleep with a headband to protect the ears for 4-6 weeks.
5. Apply cold compresses continuously for 48 hours.
6. Go over all your incision lines 4 - 6 times per day with peroxide for 10 days. Keep Bacitracin on sutures to soften them, but do not put Bacitracin in your hair.
7. On your first day post-operatively, stand in the shower for approximately 15 minutes and let the warm water run through your hair.
8. On the second day after surgery, you should use baby shampoo when you wash your hair for 10 days.
9. No heavy lifting over 10 lbs. or straining for 1-2 weeks.
10. Call if there are any questions that you may need answered.