

## OTOPLASTY

DATE OF PRE-OP: \_\_\_\_\_  
SURGERY:

OFFICE APPOINTMENTS AFTER

DATE OF SURGERY: \_\_\_\_\_

1. \_\_\_\_\_

ADMIT TIME: \_\_\_\_\_

2. \_\_\_\_\_

**ABSOLUTELY NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO YOUR SURGICAL PROCEDURE. THIS INCLUDES WATER, MEDICATION, JUICE. NOTHING BY MOUTH.**

1. No intake of white refined sugar in any form, this includes cakes, ice-cream, cookies – if you are not sure, ask – for one week prior to surgery.
2. No Aspirin or Aspirin containing medication such as Empirin, Anacin, Excedrin or Bufferin for 10 days before and 10 days after surgery.
3. No thermally hot foods or hard chewing. No alcoholic beverages for 0 days.
4. No tub baths or hot showers for five days (you may sponge bath).
5. Hair may be washed five days after surgery and dried with a cool drier. Wash hair the day prior to surgery.
6. No swimming for one month, no diving for two months.
7. Please wear easily removable, comfortable clothing e.g. shirts which open down the front, nothing to be removed over the head, on the day of surgery.
8. Obtain a sweat-band, headache-band etc. to wear over ears as protection when dressings are removed. Wear the band at night and as often as possible during the day.
9. Use softest, probably oldest, pillow that you have.

**\*\*\*IMPORTANT**

PLEASE TELEPHONE THE OFFICE THE DAY BEFORE YOUR SURGERY TO CONFIRM YOUR ADMIT TIME (213) 274 7821 or (213) 276 1176.