

Post - Operative Instructions

Expected pain and management

- During the procedure local anaesthetic was injected which should numb your ears for 6-8 hours after you procedure.
- Once the local anaesthetic wears off you may begin to feel some discomfort for which you should take;
 - Panadol / Panadeine 2 tablets every 4-6 hours or as directed
 - Anti-inflammatory e.g. Neurofen as directed
- If your pain is not controlled with the above measure contact WPRS for advice.

Wound Care

- Please keep your dressing dry and leave the head bandage intact.
- If your dressing falls off, do not be concerned as it will not harm the operative site. You should contact WPRS during office hours for advice regarding the dressing.
- If any bleeding occurs upon discharge, please apply pressure to the site for 10 minutes and then reassess. Contact WPRS if the bleeding does not cease following these measures.
- At approximately 10 days you will have a post-operative wound check with the nurse at WPRS who will advise you on further dressings and wound care.

Activity

- Avoid any strenuous activity after your procedure until your head bandage is removed.
- After we have removed your head bandage you will be required to wear a head band that covers your ears. You will have to wear this for 24 hours per day for 6 weeks and then for a further 3 months at night only.
- You may return to sport and strenuous activity after 4 weeks.

If you have any concerns please contact **WPRS** on (03) 5562 5330.

- In hours your call will be answered by a nurse and managed as appropriate.
- After hours you may leave a message or your call will be diverted to the on call Plastic Surgeon.

In the unlikely event you are unable to contact anyone at WPRS then call **St John of God hospital** on (03) 5564 0600.