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CERTIFIED SPECIALIST IN ORAL & MAXILLOFACIAL SURGERY

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AFTER EAR LOBE REPAIR

Ear lobe repair requires a short recovery time of about one week. You should arrange an office visit one week after the procedure is done.

Medications

- Most patients complain of discomfort more than pain. Use the pain medication as directed/as needed. Do not drive or drink alcohol while taking pain medication. Taking pain medication with food helps minimize nausea sometimes associated with pain medications.
- Start your antibiotic when you get home and one at bedtime. It is not uncommon to have a low-grade fever for 24 to 48 hours following surgery.
- Start swelling medication when you arrive home and again at bedtime. Take with food.
- Vitamin C (ascorbic acid) 3000 mg daily for one week following surgery helps promote healing.

Activity

Sleep with head of the bed elevated or use two to three pillows for one week after surgery. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb on to your lap. Avoid putting the phone to the affected ear for one week following surgery. Avoid turtlenecks or tight fitting clothing for one week following split ear lobe repair. You may wear clip on earrings beginning two weeks after split ear lobe repair.

Always protect your face from the sun. Following surgery, our staff will tell you when it is OK to apply sunscreen, cosmetics or facial creams to the surgical site. Avoid unprotected prolonged sun exposure for three months following split ear lobe repair to prevent pigmentation of incision lines.

Diet instructions

Resume your normal diet.

How you will feel

Following split ear lobe repair, it takes time for the swelling to subside and for the skin to heal. At ten days postoperatively, swelling and minimal bruising may be apparent to you but not to many of your coworkers and closest friends. Swelling, bruising and disrupted sleep are very normal postoperative symptoms and will decrease as the healing process occurs. Patients typically do not need to take time off work other than the time for the surgery.

Final results

Following any cosmetic surgery are not apparent for one full year. After three months, the changes are ever so subtle, although still important. However, we request that you follow-up with us for postoperative photographs and so that we can enjoy your final result.

Contact Information

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office at 604-507-0514. Please try to call during office hours; however a 24-hour answering service is available for after hours contact with Dr. Bahi. For after hours please call 604-507-0514 and then press 1 when the recording begins.