

Alessandro Surgery Center
73-710 Alessandro Drive, Suite A1
Palm Desert, CA 92260
Phone Number: 760-837-0364
Fax Number: 760-837-3843
www.csipd.com



OTOPLASTY POST-OPERATIVE INSTRUCTIONS

1. After surgery, you will have a bulky dressing on for two days. **DO NOT REMOVE IT.**
2. Please keep your head elevated for 48 - 72 hours after surgery. Sleep with 2 or 3 pillows or in a recliner chair. This is to reduce bruising and eye swelling.
3. When dressings are removed, you may shower daily and cleanse incisions with peroxide and cotton swab followed by Bacitracin ointment.
4. Avoid heavy lifting (greater than 10 lbs) or straining for 48 hours.
5. Please take prescription medications as directed.
6. Do not self medicate with your own painkillers, sleeping pills, muscle relaxants or narcotics. Only take those medications prescribed by your treating physician after surgery. Self-medicating could lead to drug toxicity or death.
7. Your sutures will remain in place for 2 weeks - **DO NOT SWIM** until all sutures are removed.
8. If you have any questions or concerns, please call the office (760) 837-0364.

{INITIALS} Initials

Alessandro Surgery Center
73-710 Alessandro Drive, Suite A1
Palm Desert, CA 92260
Phone Number: 760-837-0364
Fax Number: 760-837-3843
www.csipd.com



OTOPLASTY PRE-OPERATIVE INSTRUCTIONS

<PersonallInfo.FullName> is scheduled for surgery on <TF.ProcAppt.Date> at <TF.ProcAppt.Time> at Cosmetic Surgery Institute of Palm Desert, 73-710 Alessandro Drive, Palm Desert, California.

1. All financial obligations must be fulfill before surgery.
2. Make sure your blood work is done and the Institute has a copy of the test results.
3. Do not take aspirin or aspirin containing products (see separate sheet for what to avoid) for two weeks prior to surgery,
4. If you take any medications on a routine basis, please continue to do so, but advise the doctor and his nurse so they can tell you what to take the day of surgery.
5. **You cannot drive yourself home.** Please have a responsible adult pick you up and stay with you for the first 24 hours. You will need to leave the name and telephone number of the person picking you up at the front desk.
6. Do not wear any jewelry or bring any valuables. Please leave these at home.
7. Do not wear contact lenses.
8. Please remove all eye makeup, mascara, eye shadow, etc. The day of surgery, come in with a clean dry face. Wash your face the day of surgery and the day before with an antibacterial soap.
9. Wear comfortable clothing that buttons up the front. Do not wear clothing you pull over your head.
10. **Do not eat or drink after midnight the night before surgery.**
11. If you smoke. please try to cut down or stop at least one week before surgery. Do not drink any alcohol 48 hours before surgery and then wait at least 48 hours after surgery.

{INITIALS} Initials