

Pre-operative:

1. Three weeks before surgery, make sure you have discontinued all medications that are associated with increased bleeding. These include aspirin, ibuprofen, Aleve, Plavix, Coumadin/warfarin, vitamin E, fish oil, xarelto, eliquis. If you are on any of these medications you must let Dr. Wilson and his staff know. You may take Tylenol and extra strength Tylenol only.
2. Patients must be non-smokers. If you are a smoker you must have stopped smoking for six weeks before any surgical procedures will be performed. Nicotine products may be used to aid in smoking cessation, but must also be stopped prior to surgery. You may be asked to complete a blood test to check the circulating levels of nicotine in your system prior to surgery.
3. We recommend you purchase arnica tablets and begin them one week prior to your procedure and continue for the week following the procedure. These are available at our online dispensary or at your local health food store.
4. If you have high blood pressure, let Dr. Wilson know. He will have you take a medication called clonidine the morning of your procedure to help control your blood pressure.
5. You must have someone drive you to and from your surgery. You must have an adult to help you for the first 24 hours. If you do not have someone to help you, the office can help you coordinate a nurse or assistant.
6. Dr. Wilson will prescribe you your medication the day of the procedure. These will include pain medication, an antibiotic and an anti nausea medication. Start a stool softener the night before your surgery to prevent constipation from anesthesia and pain medication. Continue taking stool softener until you stop taking pain medication. Take all medications with food.
7. Do not eat or drink anything after midnight the night before surgery. If you have a medication you must take in the morning, take with a small sip of water. Shower the morning of surgery making sure there are no traces of makeup left on your skin. Do not apply body lotion, moisturizer or anything to your face the morning of surgery and do not wear contact lenses. Please wear comfortable clothing that either zips or buttons in the front.
8. If you have hair long enough, please place it in a tight ponytail the day of your surgery.

First 72 Hours

1. Initial swelling and bruising will be at maximum approximately 24 – 48 hours following the procedure. This will then subside over the next week.
2. Sleep with your head elevated on three pillows.
3. Leave your dressing intact. Do not remove this without speaking with Dr. Wilson. Typically Dr. Wilson removes dressings 4 days after your procedure.
4. You can bathe but cannot get the surgical site wet.
5. You can take pain medication and all medication as prescribed. Limit narcotic pain medication as much as possible.
6. Make sure you have an appointment scheduled for 4 days after your procedure to have your dressing removed.
7. The stitches behind your ears will dissolve. This will take several days to weeks. Keep the sites lubricated with bacitracin. Do not use Neosporin – this has allergic reactions associated with it.

First Week

1. After the initial 72 hours you can start motrin (ibuprofen) .Take 600 mg every 6 –8 hours with plenty of food and water.
2. Wear a wrap over your ears for 2 weeks. Then wear it at night for the next month (a total of six weeks).
3. No sports for six weeks.

Call the office 603-294-4526 if you have bleeding, persistent drainage, fever greater than 101, uncontrollable pain, nausea or vomiting.