



Dr. Tienie van Rooyen

M B C H B (P R E T) M M E D (P L A S T S U R G) (P R E T)

AFTERCARE INFORMATION OTOPLASTY

Please ensure that all fees are paid in full at least one week prior to the procedure

PREPARING FOR THE OPERATION

- **The day before:**
 - If you are operated in the morning, you are not allowed to eat or drink anything from 00:00 the previous night.
 - If you are operated in the afternoon, after 13:00 you can still have a light breakfast/light meal, but not later than 06:00 AM.
- You will be notified a week before your operation of the admission and theatre time.
- Please make sure that you have loose comfortable clothing to wear after theatre, not tights or skinny jeans (any breast, abdomen or lipo procedure). It will be uncomfortable and painful to pull up any tight clothing.
- **In the ward:**
 - The anesthetist will come and see you in the ward and you will be given a tablet/suppository to minimize the pain after theatre.
- **In the theatre:**
 - I will see you before theatre to make sure I have the right measurements.
 - A drip will be inserted through which the antibiotics, anesthesia and other medications will be given.
 - The drip will stay up until you can take fluids orally after the operation.
 - ECG stickers as well as a blood pressure cuff will be applied; this is for safe monitoring while you are under anesthesia.
- **Your wounds:**
 - There will be plasters on the wounds and over the drainage tubes. These will only be removed when the tubes are taken out.
 - If you **DO NOT** have drainage tubes you may remove the plasters after 48hours or as instructed by Dr van Rooyen/his personnel.
 - The plasters may not get wet when you still have the drainage tubes intact. Please be careful when bathing, as you might pull out the tubes.



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DISCHARGE/MEDICATION/SICK LEAVE:

- Depending on the procedure you will be discharged the same day or as discussed with you during consultation.
- You may receive a script for medication to take home.
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- **At home:**
 - Please take it calmly for the first few days
 - If anything worries you, please contact the rooms..

THE FOLLOWING ARE COMPLICATIONS THAT CAN OCCUR DURING ANY OPERATION:

- Seromas
- Sepsis
- Hematomas or bleeding
- Anesthetic complications

Although I do my best to prevent these complications, they are all still a possibility. I will, however, handle such complications appropriately and immediately.

You will be asked to sign consent for all operations. This is necessary due to possible complications or difficult surgeries. Please note this is the exception rather than the rule.

FOLLOW-UP APPOINTMENTS

1. 1 Week post-operative: removal of stitches
2. 6 Week post-operative: Follow-up
3. 3 Month post-operative: Follow-up

Please do not hesitate to contact the rooms if you have any concerns or queries or in the case of severe swelling, bruising, redness or fever.