

Otoplasty

Instructions for the Patient

Before the Intervention:

- You are advised to stop smoking 1 month before the intervention.
- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention.
- You are advised to take 3 x 2 “Traumeel” tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach. You can replace Traumeel by taking Arnica 9CH, 8 days before the surgery (5 granules 2 times a day, 1/2h before your meal in the morning and in the evening) and on the day of the surgery Arnica 9CH and Apis 15CH (5 granules in the morning on an empty stomach).
- On the day of the operation, you are advised not to wear any make-up, contact lenses, any jewellery/piercings, eyelash extensions or nail varnish, nor to use day cream.

After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- You are advised to take 2 “Traumeel” tablets every hour for five days after the intervention, in order to reduce the appearance of bruising. Or you can replace the Traumeel with 1 dose globulli Apis 15CH and Arnica 9CH.
- Depending on the procedure, you will be given an adjusted painkillers and antibiotics schedule!
- The bandage placed just after the operation must be maintained day and night for ten days; it will be taken off when the stitches are removed.
- The stitches may be removed after 10 days. Once the stitches have been removed, the scars can be massaged with “Zeitschild scar care” or Avene ‘Cicalfate’ cream (twice a day).
- After the stitches have been removed, a headband must be worn at night during 1 month.
- Some swelling and bruises will remain visible for a week, and will then fade.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for 5 days with your head slightly raised on two pillows.
- On the day of the operation, you are advised to wear ample, comfortable clothes which, in order to be taken off, do not have to be pulled over your head.
- During the morning before the intervention, your hair must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).

After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.

We’d like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email webinfo@beclinic.com or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000