



PATIENT RECOVERY GUIDE

Otoplasty

Aftercare Instructions

Your personalised recovery guide following otoplasty (ear correction) with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Otoplasty		DD / MM / YYYY	DD / MM / YYYY

Your recovery after otoplasty is usually quick and easy. A bandage holds your ears in their new position for the first three days, the stitches are hidden and absorbable, and most discomfort settles within a day or two. The single most important thing is to protect your ears from any knock for three months — until then the reshaped cartilage is still setting into its permanent form.

1 The First 48 Hours

- ◆ **Keep the bandage on.** Leave the head bandage undisturbed; it holds the ears in position for the first 3 days.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Sleep on your back.** Rest and sleep on your back; do not fold or press the ears while sleeping.
- ◆ **No stitches to remove.** The sutures are hidden and absorbable; there is nothing to take out.
- ◆ **Protect from knocks.** Avoid any trauma to the ears — the cartilage is still settling.
- ◆ **Shower after day 3.** Once the bandage is removed at your follow-up, you may shower normally.

2 Recovery Timeline

- DAYS 1 - 3
Bandage on. Home the same day. Mild discomfort eased by painkillers. The bandage holds the ears for 3 days.
- DAY 3
Bandage removed. Seen at follow-up on day 3 to remove the bandage; you may then shower. Return to normal life quickly.
- DAYS 7 - 10
Bruising fades. Any bruising and swelling settle on their own within about 7–10 days.
- MONTH 3
Cartilage sets. At about 3 months the cartilage settles into its permanent shape; the ear then holds its form even against a knock.

“I reshaped the cartilage itself, not just the stitches, so your result will last — but the cartilage needs three months to set. Protect your ears from knocks in that window, and the new shape is yours for good.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- Keep the head bandage on for the first 3 days.
- Sleep on your back, not on your ears.
- Attend the day-3 visit to remove the bandage.
- Attend every follow-up appointment.

PLEASE AVOID

- Any knock or trauma to the ears (for 3 months).
- Folding or pressing the ears while sleeping.
- Smoking, which delays wound healing.
- Contact sports until cleared by Dr. Baycin.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or swelling of an ear.
- Bleeding or discharge from behind the ear.
- Severe or increasing pain not eased by medication.
- A firm, growing collection of blood under the skin (haematoma).
- A sudden change in the corrected ear shape after a knock.

5 Discharge Checklist

- ☐ Head bandage in place and care understood.
- ☐ Pain relief and any antibiotics collected.
- ☐ Trauma-protection and showering instructions understood.
- ☐ Day-3 bandage-removal visit confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS