



PATIENT RECOVERY GUIDE

Earlobe Surgery

Aftercare Instructions

Your personalised recovery guide following earlobe repair or reduction with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Earlobe Surgery	_____	DD / MM / YYYY	DD / MM / YYYY

Your recovery after earlobe surgery is quick and gentle, and you can return to your usual activities right away. Good, simple wound care is the key to a smooth, notch-free result — keep the area clean and dry, protect it from pressure, and be patient as the fine scar fades over the coming months. For a repair, your stitches come out at about a week; for a reduction, the site heals over roughly the same time.

1 The First 48 Hours

- ◆ **Keep it clean & dry.** Gently clean the earlobe as instructed and keep it dry; good wound care protects the repair.
- ◆ **Medication.** Take any prescribed pain relief or antibiotics exactly as directed; soreness is usually mild.
- ◆ **No earrings yet.** Leave the earlobe free of earrings until it has fully healed and you are advised it is safe.
- ◆ **Mind the phone & hair.** Be gentle around the ear with phones, headphones, hairbrushes, and towels.
- ◆ **Protect from pressure.** Avoid sleeping on the treated ear and anything that tugs or presses on the lobe.
- ◆ **Scar care.** Once healed, protect the fine scar from sun; it fades over 2–3 months to nearly invisible.

2 Recovery Timeline

- DAYS 1 – 3**
Early healing. Home the same day, back to normal activities right away. Mild soreness is normal; keep the earlobe clean, dry, and free of pressure.
- ABOUT 1 WEEK**
Stitches out / healed. Repair stitches are removed at about 7 days; a reduction site heals over roughly the same time.
- WEEKS 2 – 6**
Settling. The lobe continues to settle and strengthen. Keep protecting it from pressure and heavy handling.
- MONTHS 2 – 3**
Final result. The fine scar fades to nearly invisible. When fully healed, we discuss safe re-piercing away from the scar.

“I took the extra care to leave your earlobe’s edge smooth and natural. Protect it while it heals, wait for it to fully knit before re-piercing, and choose lighter earrings — that’s how we keep this result for good.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Keep the earlobe clean and dry as directed.
- ◇ Sleep off the treated ear while it heals.
- ◇ Take pain relief as advised for any soreness.
- ◇ Attend your follow-up (stitches out ~7 days).

PLEASE AVOID

- ◇ Wearing earrings before the lobe has fully healed.
- ◇ Tugging, pulling, or pressing on the earlobe.
- ◇ Smoking, which delays wound healing.
- ◇ Sun exposure on the healing scar.

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 the earlobe.
- Bleeding, pus, or opening of the repair.
- Severe or increasing pain not eased by medication.
- A raised, thickening scar (possible keloid) at the site.
- Re-splitting or separation of the repaired edges.

5 Discharge Checklist

- ☐ Wound-care instructions understood.
- ☐ Any prescribed medication collected.
- ☐ Re-piercing timing discussed and understood.
- ☐ Follow-up (stitch removal) date 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