

MEDPOR MICROTIA RECONSTRUCTION

HOW TO TAKE CARE OF YOUR CHILD AFTER SURGERY

To speak to Dr. Lewin, please call the office or her cell phone at:

Office (310) 828-1414
Dr. Sheryl Lewin (310) 291-2078

ACTIVITY

- Your child should not be too active for the first two weeks after surgery. This means quiet play, but no exercising or rough play.
- By 3-4 days after surgery, your child will be able to get out and enjoy Southern California. Most patients plan to visit Disneyland and other Los Angeles attractions while recuperating from surgery. NO fast rollercoasters allowed after surgery.

WHAT TO EXPECT

- It takes about three days before children feel back to normal.
- Your child's face will swell in the first 2 to 3 days.
- The eye on the side of surgery may swell and the eyelid may not open fully. This is not painful and should go away in less than a week.

DRESSING

- The dressing has a protective ear mold and headband covered by an ear cup. This will be worn for three weeks after surgery. This dressing must stay dry and cannot be removed/touched.
- Use button or zip up clothing while your child has the dressing.
- If possible, have your child sleep on the side opposite of the surgery.

BATHING

- The head dressing must stay dry. Give your child a sponge bath for 3 weeks after surgery.
- After the head dressing is removed, your child may bathe normally.
- Your child will get their hair washed at the first dressing change. **Please bring a brush or comb with you to the 1st post-op appointments.**
- You will remove the dressing on the day of the 2nd post-op appointment and have your child shower or bath and help wash your child's hair before coming to the office. It is fine to get the new ear wet.

SKIN GRAFTS

- Skin grafts taken from the arm or the stomach are covered with tape. Please leave the dressing intact, it will be removed in the office. It is fine to get these areas wet in the bath.

NECK EXERCISES

- During surgery, your child's neck is in one position for a long time. Some children tend to get a stiff neck, so it is important to encourage your child to move their neck from side to side after surgery.
- Warm (not hot) compresses or gentle neck massage may help with regaining normal motion of the neck after surgery if it seems to be a problem.

THE FIRST DRESSING CHANGE

- Give your child pain medicine about one hour before your appointment.
- Approximately one week after surgery Dr. Lewin will do the first dressing change. The ear will be cleaned with Hydrogen Peroxide, the child's hair will be washed and the ear will be covered in antibiotic ointment and dressed again in a protective headband and ear cup.

ADDITIONAL DRESSING CHANGES

- Your child will be seen in the office once a week for two weeks after surgery.
IF THE DRESSING FALLS OFF DO NOT REAPPLY ANYTHING WITHOUT FIRST TALKING TO DR. LEWIN.
- After 3 weeks, you will need to remove the cup and the dressing, and clean the ear. We will teach you how to do this.
- The cup can be worn just at night between the 3rd and 4th week after surgery.

CLEANING

- After the cup is removed, it is VERY important to clean the ear EVERY DAY.
- The skin grafts often "peel" a dark colored skin similar to a sunburn peeling, this is NORMAL. There should be light colored skin underneath.
- For the first week after the dressing is off, the ear should be cleaned with gauze and liquid soap, rubbing the ear in small circles to remove dead skin cells.
- The stitches should be firmly rubbed along the incision lines with full strength Hydrogen Peroxide on a Q-tip.
- Skin grafts tend to get dry, so after cleaning, a very small amount of moisturizing cream should be used (Eucerin or a product from our office).
- By two months after surgery, you may clean with soap and water once a week. Be sure to clean in all the cracks and crevices of the ear, and especially behind the ear with a Q-tip.

HEALING

- 3 weeks after surgery-dressings are removed and the skin is mostly healed. The ear is still swollen and does not have much definition.
- 3 to 5 weeks after Surgery- Sutures will fall out with cleaning.
- 3 to 5 months- Swelling goes away and the ear sticks out less over time.
- 6 to 12 months – The ear gets more definition and the scars mature and stop changing.

OINTMENTS

- Dr. Lewin may prescribe certain ointments to use after surgery. She will go over this with you in detail as each patient is treated individually. You must send pictures to Dr. Lewin at slewin@lewinmd.com each week for the first month in order for her to best advise you.