



EAR CARTILAGE GRAFT INSTRUCTIONS

What happens during surgery:

To recreate lost structural support in the nose, Dr. Ramachandra will often harvest ear cartilage. A curved incision is made as pictured. The skin is lifted up and a curved segment of cartilage is removed. The skin is then laid back down and the incision is then sewn using dissolvable sutures. Next, a yellow gauze pressure dressing is sewn to the front and back of the ear “through and through” to prevent ear hematoma (a collection of blood under the skin.) This will be removed at your 1 week post-operative visit.



Wound care:

- **The pressure dressing is sewn to your ear. Do not try to remove the dressing.**
- The incision is usually covered by the pressure dressing, so you do not need to apply ointments to the sutures.
- Expect some mild bloody drainage from the incision line for a day or two.
- If needed, you can clean the crusted blood with hydrogen peroxide and a q-tip.
- **Do your best to keep the ear dry.**
- Using a U-shaped travel pillow can help prevent you from rolling on the ear at night.

Pain:

- Sometimes, the ear soreness is actually worse than the nasal soreness.
- Keep your head elevated at night and take pain medication as prescribed.
- The soreness will resolve with time (typically within 3 weeks).

Please call 314-965-9184 with any questions or concerns.