

## Pre-Otoplasty Preparation Checklist

For patients undergoing ear correction surgery with Dr. Bülent Genç

### ✔ 7+ Days Before Surgery

#### ❑ Medications to Stop (Consult your doctor first):

- Blood thinners: Aspirin, Warfarin, Clopidogrel, Xarelto, Eliquis, etc.
- NSAID painkillers: Nurofen, Voltaren, Aleve, Profenid, Celebrex.
- Supplements: Vitamin E, Omega-3, Ginkgo Biloba, Ginseng, Turmeric, Garlic, Ginger, high-dose Vitamin C.

#### ❑ Avoid:

- Green tea, flaxseed, garlic, ginger (may increase bleeding risk).
- Smoking/tobacco (impairs healing; quit entirely if possible).

### ✔ 48 Hours Before Surgery

#### ❑ Stop alcohol consumption.

### ✔ The Day Before Surgery

#### ❑ Personal Preparations:

- Wash hair thoroughly (avoid hair products post-op).
- Trim hair/nails if needed (no barber visits for 3-6 weeks post-op).
- Pack a button-up shirt.

#### ❑ Medical Preparations:

- Confirm fasting instructions if receiving general anesthesia.
- Prepare **prescribed medications** (if any) for post-op care.

### ✔ Surgery Day Essentials

#### ❑ Bring:

- ID or Passport.
- Comfortable, loose-fitting clothing.
- A trusted companion to accompany you home.

#### ❑ Avoid:

- Jewelry, makeup.
- Valuables (leave at home).

### ⚠ Special Considerations

#### ❑ If you use:

- **Glasses:** Arrange for contact lenses (no glasses for 3 weeks post-op).
- **Hearing aids:** Discuss adjustments needed for post-op ear shape.
- **Headgear (helmets):** Consult us for customized advice.

#### ❑ Work/School:

- Request a **3–7-day rest note**.

### 📌 Post-Op Planning

- Stock up on soft foods and prescribed medications.
- Prepare a recovery space with extra pillows (sleep upright for 1 week).
- \*Note: This is a general guide. Follow Dr. Genç's personalized instructions for your procedure.**

**Need clarification?** Contact our clinic on WhatsApp.