



Ear Reshaping (Otoplasty)

What is Ear Reshaping

Ear reshaping surgery, also known as Otoplasty, Pinnaplasty and Ear Reduction Surgery, refers to a range of common cosmetic surgery procedures designed to correct the size and shape of the ear and earlobe. Typical procedures include:

- Pinnaplasty - to pin back the ears
- Ear Reduction - to reduce the size of the ears
- Ear Correction – to correct deformities caused at birth or by trauma (e.g. by piercing, surgery or cancer)

Ear surgery can be used to treat many other ear deformities or abnormalities, such as to:

- Reduce large or overstretched earlobes (caused by earrings or 'ear stretching')
- Reshape cartilage ears that have an unnatural shape
- Increase the size of a very small ear
- Rebuild new ears, e.g. if born without an ear or earlobe
- Smooth wrinkles or large creases
- Otoplasty is a safe and effective surgery that can improve the function and appearance of the ear, as well as improving the patients' self-image.

Otoplasty surgery can be performed on children as young as age 6, as this is often the ideal age to correct the ears as they are still growing and developing.

Why do people have it

The ears are a prominent feature of the face and having the ears in the right size, shape and position can have a major impact on the overall balance and aesthetic impact of the facial appearance.

Benefits can include:

- Improve the size, shape and position of the ear
- Improve ear proportions and restore symmetry
- Restore defective ear structure present at birth
- Correct misshapen ears
- Improve emotional wellbeing & self-esteem

Who is suitable

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- Prominent or protruding ears
- Asymmetrical ears
- Oversized or disproportionate ear size
- Damaged or extended ear lobes
- Reduced self-esteem due to ear shape or size
- Unsatisfying results from a previous ear pinning

What to expect



PHASE 1: CONSULTATION

The first step for all of our otoplasty patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation. At the consultation you will be able to discuss with your surgeon what your hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing anatomy.

Your surgeon will take you through the options available to you, and which is the most preferential for you given your stated ambitions. Having established this, several key measurements will be made and standard clinical photography will be taken.

Some common questions to ask at your otoplasty consultation include:

- How many procedures of this type have you performed?
- Am I a good candidate for this procedure?
- What technique will you use to get the best results?
- Do you have before-and-after photos I can look at for each procedure and what are reasonable results?
- What are my options if I am dissatisfied with the outcome of my ear surgery?

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding what to expect in the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

What to expect



PHASE 2: PRE-PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure. Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission

What to expect



PHASE 3: DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant vitals, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself typically takes place under local anaesthetic over the course of one to two hours. First you will receive some anaesthesia in the ear region, then incisions will be made in several discrete areas, typically in the folds of the ear or on the back surface behind the ear.

Your surgeon will make a cut at the back of your ear and peel off some skin from the cartilage. They will change the shape of the cartilage so your ear lies closer to your head. If your ears are not symmetrical (evenly shaped on both sides) your surgeon may correct this as well. The technique they choose to use depends on the goals specific to your ear pinning procedure. After your surgeon reshapes the cartilage, they will secure it into its new position with permanent sutures. They will then close the wound discretely with stitches and apply a tight bandage around your head to stabilise the ears in their new position.

Any scarring should be well hidden behind the ear.

What to expect



PHASE 4: POST PROCEDURE & RECOVERY

You should not feel much pain during the procedure, but you may have some for a few days or weeks afterwards. You'll be given painkillers if you need them.

Following the procedure, you will recover in our ambulatory recovery rooms for between one to two hours, dependent on the scale of the procedure. You will be wearing a head bandage to aid with your recovery.

Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

Once home you will have access to our dedicated on-call nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post operative phase.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process.

We ask that you come in to see your surgeon after 4 weeks for a final check up.

What are the risks

Complications are rare although, as with all surgery, possible. Your surgeon will discuss each of these risks comprehensively at your consultation. Some risks might include:

- Asymmetry
- Bleeding / swelling
- Contour / shape irregularities
- Infection and necrosis
- Numbness
- Scarring
- Stiffness

Why Come to Cadogan Clinic for Ear Reshaping?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We were founded by Mr Bryan Mayou, the surgeon who first brought Liposuction the UK, and he has trained the next generation of specialists at the Clinic
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

At a glance facts

	SURGERY TIME 1 hour		HOSPITAL STAY Day case
	TIME OFF WORK A few days (with the option of 1 week)		FULL RECOVERY 4 weeks

