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Otoplasty – Ear Pinning, Ear Reduction Surgery, Prominent Ear Surgery

Most individuals seeking consultations for ear reconstruction have protruding ears (bat ears) or deformities of the ear folds, which often results in ridicule and cruel remarks from their peers. This in turn lowers their self-esteem and confidence. Otoplasty can be performed to place the ears back in a more natural position dramatically improving the aesthetic appearance. Patients can be treated as outpatients under general anaesthesia or under local anaesthesia combined with IV sedation at our **Churchill Day Surgery** or in a hospital. For children it is better to wait until they are at least 5 years old. An advantage in performing otoplasty in children is that the cartilage is still soft and easily moulded, as cartilage becomes firmer with age. However, otoplasty is still very effective in teenagers and adults. Correction of severe deformities of the ears is more complex and can be discussed on an individual basis.

Otoplasty can be performed to:

- Even up the size and shape of ears that do not match
- Pin back protruding ears
- Reduce excess cartilage in the ears

Understanding the procedure

In the majority of cases an incision is made near the fold of the ear where the ear joins the head and an elliptical or dumbbell of skin is removed. The cartilage is then sculpted creating a more natural looking shape and stitched into place, or alternatively, a portion of cartilage may be removed and the ear folded back to its new permanent position. Stitches along the incision line will be either dissolvable or removed in 7-10 days. The surgery lasts 1-1 ½ hours. Patients are normally ready to go home after a few hours. Children must stay with a responsible adult for 24 hours if the child is discharged home on the same day.

Initial Consultation

The majority of Dr Pham's patients are from referrals by General Practitioners or other Specialists. However, many patients are now seeing Dr Pham because of *word of mouth* referrals from previous patients. These referrals are often the best referrals. Friends, relatives or coworkers who have had facial and cosmetic plastic surgery are often willing to share their experiences. It is often helpful to talk to these people before contemplating surgery.

Facial and cosmetic surgical procedures can help increase self-confidence because, generally when people look better, they feel better. However certain aspects of facial plastic and cosmetic surgery which cannot be ignored are the patient's mental and emotional attitudes.

An initial consultation gives you and Dr Pham the opportunity to discuss your intended procedure/s in full.

Some of the questions you may wish to ask are:

- Am I a good candidate for this procedure?
- What is a realistic outcome for me after surgery?
- How long will the operation take?
- What is the recovery time?
- What are the risks involved?
- Is post-operative medication necessary?
- What is the charge for the procedure?

It is a good idea to write down the answers Dr Pham provides so that you can review these carefully later. The consultation also provides you with an opportunity to meet Dr Pham to determine whether your personality and his are compatible and that you feel comfortable with him as your surgeon.

Medical History

It is important that you are candid with Dr Pham and his staff regarding your medical history so that he can plan the best possible treatment. This information is strictly confidential. Please inform him of any:

- Previous facial and/or cosmetic surgery (nose, eyelids, breasts etc.)
- Past and current medical conditions such as heart, lung and kidney disease, prolonged bleeding or excessive bruising, blood clots in the legs or lungs, or gastric reflux.
- Current medications especially Aspirin, Anti-inflammatories, Warfarin, blood thinners, Insulin, and oral contraceptive pills. Over the counter products such as vitamins and herbal medications may also be important.
- Allergies or adverse reactions to antibiotics, anaesthetic drugs or other medications.
- Psychological and psychiatric illnesses
- Past keloid scarring or poor healing
- Connective tissue disorders such rheumatoid arthritis, lupus erythematosus, scleroderma or similar
- Previous radiotherapy to the head, neck or breast areas.

Dr Pham will then examine your features and after discussing options and specific risks and benefits will recommend the most appropriate procedure/s for you.

We respect your privacy. During your consultation you will be able to view some *before and after* photographs. We emphasise that the only photos shown are those of patients who have given their written permission to do so.

MAKING A DECISION TO PROCEED WITH SURGERY

Whether your surgery is desired for functional or cosmetic reasons, your choice of a qualified facial plastic surgeon is of paramount importance. As a Facial Plastic and Cosmetic Surgeon, Dr Pham is trained in both Otolaryngology Head & Neck Surgery and Facial and Body Cosmetic surgery, which provides you, the patient, with the highest level of training and expertise.

You should be informed as much as possible before making a decision to proceed with cosmetic surgery. Cosmetic surgery is an elective procedure, which means that it is a personal choice and not necessary for maintenance of good health. You can expect a thorough explanation from Dr Pham regarding the various types of surgical and non-surgical procedures. Dr Pham will inform you of the best methods of anaesthesia, the surgical facility where your procedure will take place and the benefits and risks involved in surgery. Following a joint decision by you and Dr Pham to go ahead with a procedure, photographs of you will be taken and Dr Pham will further discuss the options available.

A good rapport between you and Dr Pham and realistic expectations are prerequisites for successful outcome. You are most likely to be pleased with the results if you have a realistic idea of what surgery can and cannot do.

The goal is for a natural, aesthetically pleasing and balanced look.

Please do not hesitate to seek another doctor's opinion if you are uncertain about Dr Pham's advice. You are the most qualified person to select a surgeon that is right for you.

PREOPERATIVE (Before surgery) INSTRUCTIONS

- Please cease Aspirin, Aspirin-containing products, Plavix and non-steroidal anti-inflammatories (such as Ibuprofen) for 10 days prior to and two weeks following your surgery. If you are on any medications that affect bleeding (such as Warfarin) please notify Dr Pham.
- Smoking tobacco and alcohol increase anaesthetic and surgical risks. Please cease them for one to two weeks prior to and three weeks following surgery. They cause delayed wound healing, skin redness and other complications.
- Please notify us of all your routine medications and significant health history. You can remain on your daily medications, except for blood thinners unless instructed otherwise.
- Arnica, a natural herb that significantly decreases bruising, can be taken before and after surgery along with Vitamin C (ascorbic acid), which helps promote healing.
- If you are having a morning procedure you must not eat or drink after midnight the evening before. If you are having an afternoon procedure you must not eat or drink after 6.00am on the morning of surgery. You may, however, take your normal medications and brush your teeth.
- Please shower and remove any make-up and nail polish before arriving for your procedure.
- Unless you are remaining in hospital someone will need to drive you home after surgery and stay with you that evening.
- If you have any concerns please call the office on (08) 9380 4488. Remember, we are all here to give you the best possible care.

POSTOPERATIVE (After Surgery) INSTRUCTIONS

Dr Pham will apply sterile dressings and bandages. These will be removed after 2-5 days. He will also apply an ointment to prevent dryness of the area. There will be some degree of swelling and bruising. Head elevation will help to reduce this. It is not uncommon to have unevenness in the ears in the first few days but this normally resolves after a few days. Once the dressings and bandages have been removed it is important to continue applying the ointment to the wounds on a regular basis (at least 4 times per day) because sutures that have been kept well lubricated are easier to remove. Hair can be washed on the second day but it is important to dry sutures thoroughly afterwards.

It takes times for any swelling and bruising to subside. Most adults can return to work after 5 days and children after 7 days. Children should be careful in the playground and avoid sporting activities for up to 6 weeks. Please avoid wearing earrings until several weeks after surgery and protect your face from the sun by wearing a hat and sunglasses. A soft elastic headband should be worn at night for 4 to 6 weeks.

Final results following Otoplasty are not fully apparent for 3 to 6 months following surgery. We recommend that you have follow up appointments for at least one year for assessment and postoperative photographs.

Medications: Dr Pham will prescribe pain relief to be used as directed. Usually Paracetamol +/- Codeine (Painstop for children) is sufficient. Most patients complain of discomfort rather than pain. Do not take additional pain relievers other than what Dr Pham suggests or prescribes and start any antibiotics when you get home.

Please Inform Dr Pham's office or the hospital where the procedure was performed if you have the following:

- High fever, chills or a temperature of more than 38 degrees
- Heavy bleeding from the wound
- Severe pain or tenderness

- Significant redness, or discharge around the incision
- Significant swelling

If you have any concerns you can contact Dr Pham's office on 9380 4488. Remember, we are all here to give you the best possible care.

Risks of Surgery

Modern surgery is safe but does have risks. Complications can occur despite the highest standards and world's best practice principles used by Dr Pham.

It is not possible to list all the risks but you should be informed of the common side effects and benefits so that you can make an informed consent. Dr Pham will discuss these in greater detail at consultation. You should write down any particular questions or specific concerns.

The potential risks are

General risk of surgery

- Wound infection – may require antibiotics
- Bleeding, blood clots or seroma
- Chest infection
- Sore throat from the breathing tube
- Scars that become raised (hypertrophic or keloid)

Specific Risks

- Asymmetry is common as no two ears are the same. Rarely this is gross. Occasionally minor revision surgery will be recommended.
- Re-protrusion may occur in 5% of cases.
- Reduced sensation around the ears is common but this is temporary and should return to normal in 6 months.
- Nausea and loss of balance is temporary.
- Skin necrosis is very uncommon.
- Telephone or reverse telephone deformity

FEE

The cost of otoplasty is

Surgeon fee	5000-6000.
Anaesthetist fee	1200-1500
Hospital	2500-3500. Private Health Insurance rebate
Churchill Day Surgery	2500-2800 (for selected cases under sedation)

There may be additional cost for complex or combined case with other procedures.

If you have private insurance – you may be qualify for Medicare and Private Insurance rebate.

Please [contact us](#) for your consultation on Otoplasty / Ear Pinning Surgery.

You can view our website www.perthcosmeticsurgery.com.au

- Information on a range **cosmetic surgery and non surgical cosmetic procedures** available
- [Gallery / Before & After Photos](#)

- Find answers to your most [Frequently Asked Questions](#) (FAQs).
- Fees and Private Health Insurance rebate

If you wish to learn more about cosmetic surgery and facial plastic surgery please [contact us](#) to schedule a [consultation](#) with our Facial Plastic and Cosmetic Plastic Surgeon, [Dr Tuan Pham](#) or Nurse Coordinator.

Gallery of Otoplasty

