



RESHAPE & RESTORE

Pinnaplasty

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Introduction

Reshape & Restore has put together this factsheet for anyone who is considering Pinnaplasty. We understand that undergoing a surgical procedure is not often an easy decision, and you may have many questions.

The aim of this factsheet is to outline the details of the Pinnaplasty procedure, explaining how it works, how it's carried out and what to expect from the results. Being fully informed about the potential risks and complications of surgery, can help to answer any concerns which may help you in making a clear decision.

Every patient's surgery is a unique experience and the approach we take at Reshape & Restore is tailored to suit your specific needs. It is important to understand that as the requirements of each patient differ, so does the outcome. This will depend on a number of factors and with our guidance, we can help you to understand the realistic results that can be achieved.

Why have Pinnaplasty?

Although the size and shape of the ears will continue to grow and change as a person develops and gets older, their general positioning usually becomes apparent during childhood. Your genetics will often determine the appearance of the ears, and if, when they are fully developed they appear to 'stick out' it can cause some feelings of unhappiness. It is a common perception that the ears should sit close to the head, and when one or both of them do not fit this 'norm', it can lead to aesthetic and emotional concerns.

Like many people who are affected by this concern, which is often described as 'bat ears' or 'prominent ears', you may have undergone a degree of torment about the appearance of this feature - usually from quite a young age. It is common for these feelings of

displeasure and self-consciousness to carry through to adulthood, which then leads to requesting a safe and effective solution. The results of a Pinnaplasty (Otoplasty) procedure can successfully 'pin back' the ears to help them find a more natural-looking, desirable appearance - eradicating the need to conceal the concern through hairstyles or accessories.

The consultation

The consultation is the most important part of any treatment journey. Not only does it give you the chance to meet your surgeon, it provides the opportunity to discuss what is concerning you and what you are hoping to achieve from surgery. There are a variety of factors we need to consider before recommending any procedure, including: general health, skin type, risk of bleeding, how well you're likely to heal, smoking status, alcohol consumption and medications. We also examine your ears, and using a mirror, we'll demonstrate the appearance you are likely to achieve. We'll provide information about how the procedure is carried out, any potential risks and complications, and what to expect during the recovery period. The aim of the consultation is to give you a better understanding of what undergoing surgery involves and what it can mean for you. As there is a lot of information to absorb, we don't expect you to make a decision there and then. It is our policy at Reshape & Restore to offer a second consultation at a later date so you have had some time to think, and consider the details of the operation - including reading any information leaflets that have been provided by us. In many cases a person goes away and finds they have other questions that weren't thought of at the time, which can then be addressed at the second consultation. Only when both you and us are completely certain that undergoing surgery is the right option for you, will we make an appointment. During this session we will also take some photographs of your 'before' appearance and give you the opportunity to



Speak with past patients - this has proven to be very valuable for many of our patients.

What happens during the procedure?

Pinnaplasty is a form of cosmetic surgery that is often carried out on children, teenagers or adults. Reshape & Restore do not recommend this procedure is undertaken on children younger than 5 years of age, as the positioning of the ears are still under significant development until this time and the cartilage is too soft. Having said this, we approach all cases individually and the age of the child is not the defining factor when recommending Pinnaplasty. The surgery itself is performed using general anaesthetic, and an overnight stay in hospital may be required. It is undertaken in around 1 - 2 hours and can address one or both of the ears, tailoring the specific technique used for each ear individually, if this is necessary. A cut is made at the back of the ear from which the skin is separated from the cartilage. It is the cartilage that is then reshaped or repositioned to bring the ear closer to the head. The incision is then closed using small stitches, and dressings are applied. Advances in the Pinnaplasty procedure sees more operations being carried out using an incisionless technique, where the cartilage is addressed using a needle. The suitability of this procedure will be discussed at the consultation.

On the day of your surgery, you will be asked not to eat or drink anything from midnight, and you should not apply any creams, lotions or make-up to the skin on the ears. Our patients often spend one night recovering in hospital before being discharged, however, it is not unusual for someone to spend two or three nights with us. We usually advise that you have someone drive you home from the hospital and also to stay with you on your first night at home.

What can I expect after the procedure?

Before we discharge you we will ensure you have been provided with suitable pain relief advice and some ointment to apply regularly to the wounds while they heal. It is not recommended that you use aspirin or brufen as these medications can increase bruising and the risk of postoperative bleeding. We will recommend that the dressings, which may include a head bandage, are worn for around 3 - 5 days to allow for the wounds to begin the healing process. Your ears and the surrounding

area will have some degree of swelling, tenderness and bruising, immediately following the procedure. The skin may also feel tight, and you may experience some temporary numbness. These effects are expected to gradually settle over the next few weeks, and we ask that you keep the head dry for 1 week. You will find that sitting upright and sleeping propped up on pillows for around 2 weeks after surgery will help to minimise discomfort and swelling. At your first appointment we aim to remove any stitches, if your healing allows. You should then be able to wash your hair, using non-perfumed products and warm water. When drying the head or around the ears, it is better to pat gently using a soft towel, as rubbing will be uncomfortable and may disturb the wounds.

Having surgery can be hard on the body and it will use a lot of energy while it heals and recovers. You will benefit from taking it easy for a few weeks, only undertaking light duties and keeping activity levels low. Heavy lifting, rigorous exercise, swimming and the gym should be avoided for between 4 and 6 weeks. You can expect to need up to 3 weeks off work (depending on your job), or school, when you should feel more comfortable to drive and resume normal daily activities. Our aftercare programme will be in accordance with your individual rate of healing however, follow-up appointments are generally made approximately 1 week, 6 weeks, 3 months and 6 months after surgery. Your healing, recovery and development of results will be closely monitored during this time, and we will provide you with any necessary advice to ensure the outcome is effective.

What are the risks of surgery?

People who undergo a surgical procedure are usually concerned about how much scarring will be left behind. At Reshape & Restore we use modern surgical techniques which consider where incisions are made, and where scars will form. As the Pinnaplasty procedure involves making a cut behind the ear, scarring usually goes unnoticed. In some cases a person is prone to developing hypertrophic scars, which can be particularly thick or raised from the skin. During our follow-up procedures we will monitor how your scars are developing and if hypertrophic scars are becoming likely, there are ways we can treat this in the future. During the consultation we will discuss potential complications, which are always a risk when undergoing surgery. Haematoma is a condition where blood collects



under the skin, and is a risk in the first few hours after the procedure. If this occurs we will need to take you back to the theatre to either have it removed. In some cases the accumulation of blood causes 'cauliflower ear' which can be easily resolved by draining the blood from the affected ear(s). Infection is fairly uncommon and careful aftercare is often the best way to prevent an infection from developing, and a course of antibiotics will help to clear it up. We mentioned temporary numbness as a possible side effect, but in some very uncommon cases this can be prolonged. It happens if the nerves are bruised and don't start to work as quickly as expected. Although it can cause some alarm, in most cases it does resolve itself in time and doesn't remain permanent. With the Pinnaplasty procedure care will need to be taken with dressings so that the wounds do not open and leave any cartilage exposed. This can cause it to dry out or become infected which can cause a misshapen ear and the necessity for a further corrective procedure. It is important to maintain your mobility while your body is recovering. You should try to move around regularly as you may risk developing Deep Vein Thrombosis (DVT), a condition where a blood clot forms in the leg. This only happens in around 1% of cases and we provide medication for you to take after the procedure to minimise the chance of this occurring.

If at any time you are concerned with your healing, or experience prolonged side effects / a burning sensation / discharge from the wounds, you are welcome to contact the Reshape & Restore team. Particular symptoms to look out for include: temperature above 38.5, pain and discomfort that is not relieved through painkillers, bleeding or discharge from the wounds and sudden swelling at the wounds.

What results can i expect?

Reshape & Restore's leading consultant plastic surgeons are highly skilled and experienced professionals who pride themselves on producing effective, natural-looking results. The final results of the Pinnaplasty procedure may not be fully developed until 6 weeks after surgery. Around this time, the ear(s) will have been repositioned to sit closer to the head. The specific techniques used both in surgery, and during the weeks that follow, will have encouraged the ears to settle into place. As with many surgical procedures, the outcome is intended for the longer-term, and Pinnaplasty often provides a permanent solution for repositioning the ears. Most of

our patients find this procedure can be life-changing and not only does the overall appearance improve, self-confidence also gets a boost. During the Pinnaplasty procedure, patients can also have the shape of their ears altered as It's not just the positioning that can cause aesthetic concern. Large ears that are not seen as being in proportion with the head, or enlarged earlobes can also be addressed when our surgeons are performing Pinnaplasty. Within the procedure, skin, tissues and cartilage can be trimmed and / or reshaped.

Disclaimer

We are unable to make any guarantees to the outcomes of your procedure as the results of cosmetic surgery differ from patient to patient. It is prudent to note that whilst potential outcomes may have been discussed, these can sometimes be modest. Beauty is entirely subjective, and therefore what is good / achievable for one person may not be good / achievable for another. We can only guide you to what we expect your outcome to be, during the consultation. It is also possible that post procedure, other areas of the body may become more noticeable such as: arms, flanks or thighs. This is more common with procedures such as breast augmentation or tummy tuck.

Surgery comes with no guarantee of happiness and cosmetic surgery should not be undertaken lightly. Before proceeding, you must be certain that you can cope both physically and mentally should any complications arise as a result of your decision to undergo a surgical procedure. For this reason we recommend that you do not hide the fact from friends or family, rather you involve them in the decision making process so you can be sure you have an adequate support network should you need it.