

PATIENT INFORMATION

Pinnaplasty

Otoplasty, or ear pinning
For prominent or uneven ears

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This booklet explains pinnaplasty, from deciding whether it is right for you to your recovery.

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01 Why you have this booklet

You've been given this booklet because you've talked to Mr Kumar about pinnaplasty (otoplasty), or you're about to.

It explains what the operation involves, and the risks and recovery.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What pinnaplasty is

Pinnaplasty reshapes ears that stick out or are uneven. Prominent ears are usually caused by a missing fold in the cartilage, or a deep bowl of cartilage that pushes the ear outwards.

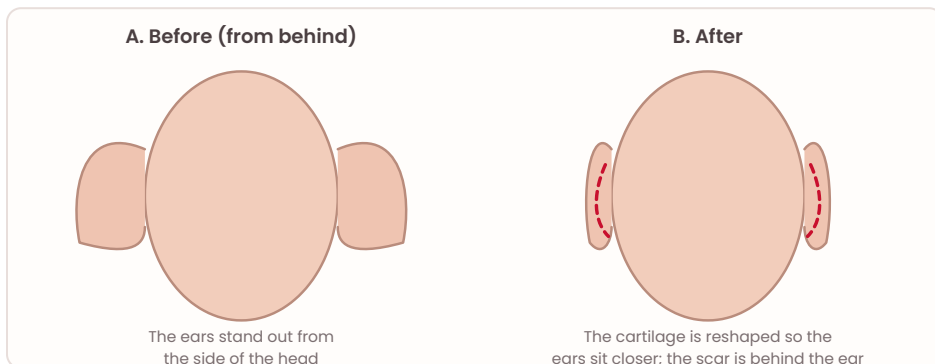


Figure 1. Prominent ears before and after pinnaplasty, with the scar behind the ear. A simplified drawing for guidance only.

Through an incision in the crease behind the ear, the cartilage is reshaped and held with fine permanent stitches, so the ear sits closer to the head. Sometimes a small amount of cartilage is scored or removed.

03 Is it right for you?

You're likely to be a good candidate if:

- ✓ you are bothered by ears that stick out or look different from each other
- ✓ you are in good general health
- ✓ you have realistic expectations

What the operation won't do

- It won't change your hearing.
- It won't make your ears identical. No two ears are exactly the same.

Please tell Mr Kumar if you have, or have had

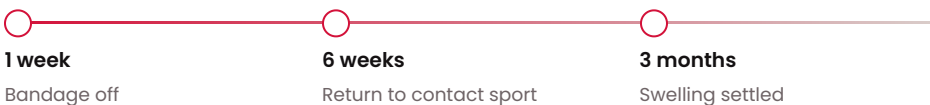
- previous ear surgery or injury
- a tendency to keloid scars, which can occur behind the ears
- a bleeding disorder or blood thinners
- you smoke

04 Other options

You don't have to have this operation. Depending on what bothers you, the alternatives include:

- ear splinting, which only works in newborn babies
- hairstyles that cover the ears
- doing nothing.

05 What you can expect from the result



- Some ears gradually move forward again over time, which occasionally needs further surgery.

06 Getting ready

Before your operation you'll have a pre-operative assessment, with your medical history, an examination, photographs and sometimes blood tests. You'll also be asked to:

- ✓ **stop aspirin and supplements** such as fish oil about a week beforehand, unless prescribed
- ✓ **wash your hair** the day before, as you won't be able to wash it while the bandage is on
- ✓ **bring a soft headband** to wear at night afterwards
- ✓ **arrange for someone to take you home**

07 Anaesthetic and where it happens

Pinnaplasty can be done under local anaesthetic, or general anaesthetic if you prefer. You go home the same day.

08 The operation

The operation takes 1–2 hours for both ears. The cartilage is reshaped through an incision behind each ear and held with stitches. The skin is closed with dissolving stitches and a padded head bandage is put on.

09 Straight afterwards

Your ears will ache and feel tight under the bandage. Simple painkillers usually help. Keep the bandage dry and in place.

10 Recovery

When	What to expect
Days 1–3	Head bandage stays on. Some aching and throbbing.
Days 5–7	Bandage removed and wounds checked. Return to work or school.
Weeks 1–6	Wear a soft headband at night to protect the new shape.
Weeks 6–8	Return to contact sports and swimming if advised.
3 months	Swelling settles and scars fade.

11 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON

more than 1 in 100

UNCOMMON

1 in 100 to 1 in 1,000

RARE

1 in 1,000 to 1 in 10,000

VERY RARE

fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Aching and swelling of the ears for a week or two.
- Numbness or tenderness of the ears for a few weeks.
- Scars behind the ears, which fade.

Other complications

- **The ear moving forward again** **UNCOMMON**
Some return of prominence can occur, occasionally needing further surgery.

- **Stitches showing through the skin** UNCOMMON
A stitch may poke through behind the ear and need removing.
- **Collection of blood (haematoma)** UNCOMMON
Causes severe pain under the bandage and needs prompt treatment.
- **Infection** UNCOMMON
Infection of the cartilage needs prompt antibiotics.
- **Asymmetry or an unnatural shape** UNCOMMON
Small differences are normal; occasionally a revision is needed.
- **Thickened or keloid scars** UNCOMMON
More likely in people prone to keloids.

Rare but serious complications

Please read this section carefully.

- **Damage to the cartilage** RARE
From severe infection or bleeding, which can affect the ear's shape.

Complications of the anaesthetic

Modern anaesthesia is very safe. Feeling sick, a sore throat or feeling drowsy are common for a short time afterwards. Serious problems, such as a severe allergic reaction, are very rare. Your anaesthetist will meet you before the operation and explain the risks for you personally.

12 Further treatment

Occasionally a further procedure is needed to refine the result, for example if healing leaves an area uneven or a scar needs revising. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further procedure isn't automatically included in your original fee; the clinic team can explain our policy.

13 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

14 Costs and time to think it over

You'll receive a written quote covering your treatment, aftercare and any follow-up included in the price, together with our deposit and cancellation policy. Self-pay consultations cost £250 and follow-ups £150.

Time to think it over

We recommend waiting at least two weeks between your consultation and your operation. This follows good practice for cosmetic surgery, and gives you time to think things over and ask more questions. You can change your mind at any point before surgery, even on the day, and you don't need to give a reason.

15 Your decision

This is your decision and you have the right to:

- ✓ take as long as you need to decide, and bring someone with you to appointments
- ✓ say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ✓ ask for a second opinion from another surgeon.

16 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

17 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Contact us promptly if you have

- severe or increasing pain under the bandage, especially on one side
- bleeding through the bandage
- redness, discharge or a temperature
- the bandage slipping off

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

18 What happens next

Before your procedure, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health, your weight or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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