



**AM** Aesthetic Surgery  
...dawn to a new you

# Pinnaplasy

Your surgeon:

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**Your Predicament: “I feel that my ears are big and they stick out. I have been teased about them as a child and tend to wear my hair down to hide them”**

**Our Solution: A Pinnaplasty procedure can help reduce the prominence of ears by folding them back to create the fold that may be missing or not fully formed in your ear.**

Unfortunately, prominent ears is something that bothers a person right from their childhood days. Children tend to get teased about them at school and unfortunately parents may not realise the amount of grief that the child may be getting. Children tend to wear their hair down to cover the ears and may even end up avoiding sports like swimming and gymnastics to avoid wearing their hair up.

Ears come in various sizes and they could potentially be too big in relation to the rest of the face. This usually not an issue unless the angle between the ears and the side of the head is exaggerated, making them stick out. This is mainly either due to the antihelical fold not being developed or due to a deep conchal bowl. A Pinnaplasty procedure helps address this by creating this fold and bringing the ears back towards the side of the head and the conchal bowl can also be reduced.

Professor Mahajan carries out a detailed examination of the ears in relation to the rest of the face to determine the appropriate intervention for the best possible outcome. Necessary changes and the means to achieve them are then discussed in detail with the patient. However, it is very important to understand that ears are individual and it is not possible to have someone else's ears. Instead, changes can be made to your ears to make them look as good as possible. If your expectations are realistic, you will always be happy, if not, you will always be unhappy irrespective of how good a job your surgeon might have done!

This procedure can be combined with eyelids lift, brow lift or fat transfer to areas in the face or Botox and fillers to help achieve a global rejuvenation of the face.

**Pre Operation**

Professor Mahajan will acquire a detailed history from you about your concerns and your medical history. He will take the time to understand your desires and discuss in detail as to how he can achieve the results you want. A detailed examination involving assessment of the ears and facial contours, overlying skin and underlying cartilage will be noted. Measurements will be taken as necessary to gauge the degree of the problem.

Depending on your examination a treatment plan will be formulated tailored to your needs. Professor Mahajan will discuss surgical options with you. You will together be able to decide the procedures that will be used to achieve your desired results. There is limit as to how much things can be altered depending on your underlying cartilaginous structure, this will be assessed and explained to you. The procedure can be done under a general or local anaesthetic. This will be explained to you and you can choose what you wish to have.

Professor Mahajan usually carries out a modified Mustarde pinnaplasty procedure to help address the prominence of the ears and make the necessary amendments to produce the desired results. Pattern of the incisions, procedure and subsequent scars will be discussed in detail and you will be given an opportunity to probe into any aspect of the proposed procedure. Once you decide to go ahead following the consultation, you will be required to attend the pre-assessment clinic to ensure your suitability for the procedure under general anaesthetic. You will need to stop smoking (including electronic cigarettes and nicotine patches) and stop any anticoagulant medication such as Aspirin, Warfarin, etc as suggested by Professor Mahajan.

## **Operation**

You will be admitted to the hospital on the day of the procedure. The operation will be done under general anaesthesia or local anaesthesia as has been decided at the consultation. It will be carried out according to the technique that was planned at the consultation. This will depend on the characteristics of your ears and will involve using the approach discussed before.

Professor Mahajan does a modified Mustarde pinnaplasty procedure that involves making the incision behind your ear. He then uses special permanent sutures to create the ear fold uniformly and smoothly. The suture technique helps him control the degree to which the ear needs to be set back with the results being apparent at the end of the procedure, unlike the cartilage scoring technique when end results are only apparent after the cartilage has healed in about 6 weeks' time. In addition to this Professor Mahajan may use concho mastoid sutures or other ancillary techniques to help deliver the best possible outcome.

At the end of the procedure, the ear are held in their new position with a padded head bandage that secures them in place while they are healing. This will need to stay for a week until you see Professor Mahajan again in the clinic.

The procedure can take about 1 to 1.5 hours to do depending on the complexity of the case. Professor Mahajan will dedicate as much time as is necessary to create your new aesthetically pleasing form and achieve the results you desire.

## **Post Operation**

Following your procedure, you will be taken to your room, once you have recovered from the anaesthetic. You will be cared for to the highest standards by our well-trained nurses. You will need to rest in bed with the back propped up to minimize swelling and bruising. Once you have recovered enough after the surgery, you will be encouraged to sit out of the bed and mobilise to reduce the risks of blood clots in your legs or lungs. You will have some pain and discomfort for 2 to 5 days, but we will ensure that you are comfortable with adequate analgesia.

You can go home as soon as you are comfortable enough to go home. This is usually the same day as your surgery. You will have absorbable sutures which will not have to be removed. Scars are unavoidable following any surgery, but Professor Mahajan aims to make these as neat as possible. Your ears will be swollen immediately following the surgery. Over the next few months the swelling will gradually go down and the contour of the ears will improve.

You will be seen 1 week following the procedure to ensure that your wounds have healed well. You will need to wear a head band at night for 6 weeks after this initial visit. After this, you will be seen again in 3 months' time to assess the results when the swelling has settled reasonably. Professor Mahajan will be available to see you at any time following the procedure should there be any unexpected problem.

## **Subsequent Procedures**

The pinnaplasty procedure is sometimes combined with eyelid lift or fat transfer to midface to help achieve global rejuvenation of the face can also be done and so can a forehead / brow lift if necessary. Botox injections or fillers can also be considered at the same time while under a general anaesthetic to avoid discomfort later.

## **NEED-TO-KNOW INFO**

- Duration of surgery: About 1 to 1.5 hours
- Anaesthesia: General Anaesthetic or Local Anaesthetic
- Duration of inpatient stay: Day case procedure
- Wounds healed in: 1 week, ears need to be protected at night for 6 weeks.
- Scars matured in: Settle in 3 to 6 months, fully matured in 12 to 18 months
- Back to light work (Desk job): 1 - 2 weeks
- Back to cardiac exercise / fast walking: 2 to 3 weeks
- Back to labour intensive work / Exercise: 6 to 8 weeks
- Sexual activity: 6 to 8 weeks
- Able to drive: 2 weeks (Should be able to apply emergency stop)
- 'Long haul' flights / holidays: Avoid four weeks before and after. Short flights are okay but take precautions.
- Shower / bath: Keep dressing dry for one week but pamper yourself with a sponge bath.
- Sun bathe: Keep the scars covered or protected with a high factor sun protection cream until they mature in about a year or so.
- Garments: Head bandage for 1 week
- Post-operative review: 1 weeks, 3 months (As often as necessary if clinically indicated)
- Post-Operative pain / discomfort: 2 to 5 days
- Potential risks: (Every effort is made to reduce the risk of complications, but potential risks are) bleeding, bruising / swelling, infection, wound dehiscence, scarring (hypertrophic / stretched /sensitive), asymmetry, under correction, over correction, persistent or recurrent prominence, numbness, risks associated with general anaesthetic, blood clots in legs or lungs and unfavourable outcome. Covid infection risk / death.

Please refer to <https://www.amaestheticsurgery.uk/pinnaplasty-ear-reshaping-for-prominent-ears/> for detailed information about the procedure.