

GOLD COAST

Plastic Surgery



ULTIMATE GUIDE TO OTOPLASTY SURGERY

(07) 5598 0988

www.goldcoastplasticsurgery.com.au

WHAT IS INVOLVED IN OTOPLASTY SURGERY?

Otoplasty or ear correction surgery is performed to move prominent or protruding ears closer to the head or to reduce the size of large ears. Otoplasty surgery can also alter large or stretched earlobes or lobes with large creases and wrinkles. Your surgeon can even build new ears for people who were born without them or who have lost them through injury.

OTHER EAR PROBLEMS THAT CAN BE HELPED WITH OTOPLASTY SURGERY INCLUDE:



Lop ear is when the tip seems to fold down and forward

Cupped ear is a very small ear

Shell ear is when the curve in the outer rim, as well as the natural folds and creases, are missing.

AM I A GOOD CANDIDATE?

Otoplasty is most commonly performed on children between the ages of four and 14 years. The operation is usually done for psychological reasons for children to reduce the chance that the child may be bullied or teased. Ear surgery on adults is also possible and there are generally no additional risks associated with ear surgery on an adult.

You or your child might be a candidate for ear correction surgery if you/they have:

- Prominent ears that stick out from your head
- Ears that are malformed in any way or shape
- One ear is more prominent than the other
- Ears missing one of its folds
- An earlobe more prominent than the rest of the ear.

It is very important to communicate with your surgeon before the operation to make certain you have realistic expectations of the outcome.

DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.

BEFORE SURGERY RECOMMENDATIONS

Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.



Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery
- Any bad scarring or poorly healed scars after previous surgeries

WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you will most likely:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery

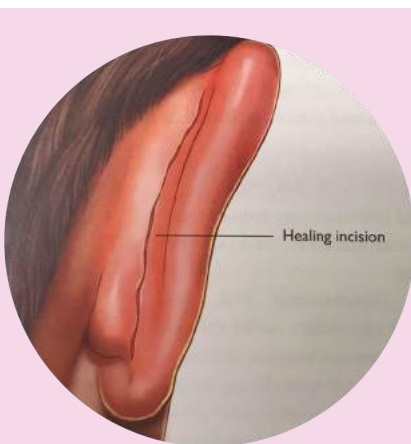
WHAT TO EXPECT?

Otoplasty begins with an incision made behind the ear. The cartilage is reshaped and then sutured or “pinned back” into place. When the position and desired shape has been achieved, the ears are dressed and left to heal. The procedure takes one to two hours to complete. The exact length of the procedure will depend on your age, your ears, and your desired outcome.

WHAT HAPPENS DURING THE SURGERY?

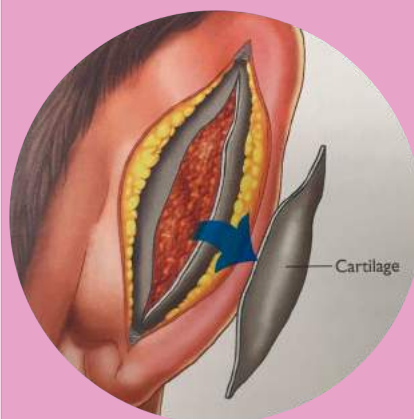
During the otoplasty surgery, your surgeon will take the fold of the skin behind the ear and cut it to expose the underlying cartilage. The excess cartilage is then removed. In some cases, the cartilage is remodeled. As an example, your surgeon may reshape the cartilage by folding it back and stitching it in place. Incisions (cuts) are closed with stitches. The essence of the otoplasty operation is that the approach is from behind the ear and therefore no scars appear on the front of the ear.

The ear cartilage is reshaped from behind and is held in the new position with stitches. Once the new shape is achieved you will have stitches behind your ears for approximately 5 to 7 days.



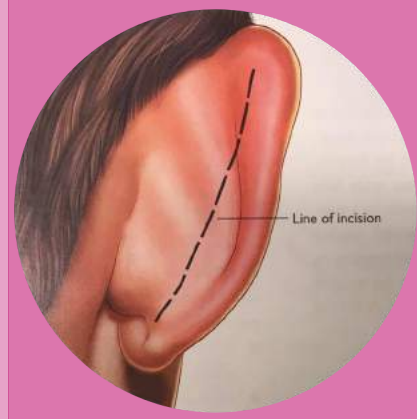
1.

The surgeon makes an incision behind each ear and removes an ellipse of skin.



2.

The cartilage is exposed and the surgeon scores the cartilage, allowing it to bend into a more natural shape. A small piece may be removed.



3.

The surgeon closes the incision using stitches that either dissolve or will be removed 10 - 14 days following surgery.



RECOVERY FROM AN OTOPLASTY PROCEDURE

After surgery when you wake you will spend time in a recovery room, where you will be monitored for complications. Generally an otoplasty is a day procedure and you will be ready to go home after a few hours following surgery. After surgery you will have a post operative garment that will need to be worn for the first 4 weeks (adults) 6 weeks (children).

After the operation, you can expect:

- Mild pain or discomfort
- Numbness
- Swelling
- Possible bruising

Majority of swelling usually occurs in the first 24 to 48 hours and might distort your facial features or stiffen your facial movements. Keeping your head elevated during rest is extremely helpful in reducing the initial post-operative swelling. You can expect the majority of the bruising and swelling to subside after about a week. You may also experience numbness, which usually resolves itself within several months. Medication will be prescribed to help control the pain as needed.

Straining, bending, and lifting should be avoided during the early post-operative period to reduce exposing your incisions to excessive pressure or motion. This includes heavy work, aerobics, running or weight lifting, and sex for at least 3-4 weeks. Walking and mild stretching are fine. Additionally, do not wear clothing that needs to be placed over your head.

Generally, scars from the incisions are hidden behind your ears and in concealed skin creases. Scars will remain pink for a few months and will fade over the next 6 months.



WHAT RISKS MAY BE INVOLVED?

Each year thousands of women, men and children undergo successful otoplasty procedures, experience no major problems and are happy with the results. Significant complications from a otoplasty surgery are infrequent. However, make sure you understand what surgery involves, including possible risks, complications and follow-up care.

Otoplasty surgery poses various risks, including:

- Scarring
- An accumulation of blood under the skin (hematoma).
- Facial nerve damage which can result in temporary or permanent numbness and weakness of the facial muscles.
- Risks of anaesthesia including allergic reaction, which may (rarely) be fatal surgical risks such as bleeding.
- Blood clots that may cause potentially fatal cardiovascular complications such as heart attack, deep vein thrombosis or stroke.
- Temporary or permanent areas of numbness.
- Infection in the cartilage, which can cause scar tissue to form inflamed, itchy scars.
- Asymmetry (unevenness) of the ears 'cauliflower' ears (haematoma auris), fibrous overgrowths that permanently deform the ears skin along the wound.
- Further surgery to treat complications.

You can help minimise certain risks by following the advice and instructions of Dr Mark Doyle, both before and after your otoplasty surgery. If you have any concerns about the risks involved with this surgery, please consult Dr Doyle and the team at Gold Coast Plastic Surgery.

IMPORTANT REMINDER

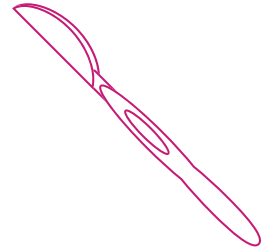
It is important to remind everyone that each surgical journey is different from the next and each individual's results and procedure may vary.

COMMON QUESTIONS



IS AN OTOPLASTY PROCEDURE COVERED BY MEDICARE OR MY PRIVATE HEALTH FUND?

If it is considered medically necessary, Medicare may cover part of the costs associated to the surgery less the doctors fee. How much Medicare covers will depend on the nature of the surgery you require.



To find out if your procedure falls under the category of medically necessary you will need to contact Medicare. You will also need to provide details to your health fund to see if they will cover you and to what extent.

IS AN OTOPLASTY PROCEDURE PAINFUL?

Pain is usually manageable. You may be given a pain reliever, for mild discomfort, but remember to avoid anti-inflammatory medication such as aspirin, ibuprofen, naproxen and any other medications or herbal supplements that may increase bleeding.

WHEN CAN I RETURN TO WORK?

The time taken to recover before returning to work or daily activities often varies depending on each person and their role at work. Typically most people return to work 1-2 weeks after the initial surgery.

HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive following your procedure. When you can react without pain and are no longer taking any pain medication you may recommence driving.

WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability as smoking decreases the oxygen that is carried throughout your blood to help your skin heal from a surgical incision.

WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. Post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the swelling and lower the risk of blood clots in your calves.

WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 3-4 weeks. It is recommended that strenuous exercise is restricted for 6 weeks as it may increase swelling, bleeding or duration to the body's natural healing process. These activities include weight lifting, push-ups and running.

HOW DO I SLEEP AFTER SURGERY?

It is recommended to reduce the swelling after surgery to sleep with pillows propping your head up with your upper body raised on 1 to 2 pillows for as long as swelling persists. Keeping your head elevated at least 45 degrees during rest is extremely helpful in reducing the initial post-operative swelling. Using a travel neck pillow to keep your head still as you sleep will help reduce swelling.

WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 3-4 weeks of surgery due to infection as your wounds are not completely healed.

HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

OUR SURGEON

DR. MARK DOYLE

Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

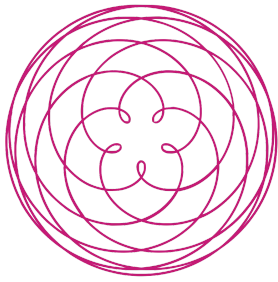


Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 30 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.



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YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.



(07) 5598 0988



enquiries@goldcoastplasticsurgery.com.au



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