

OTOPLASTY (EAR PINNING / EAR RESHAPING) PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



Information For Patients

This booklet provides information to help you decide whether to have otoplasty (ear reshaping surgery). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

Contents

- Information for Patients
- What is Otoplasty?
- Why Consider This Procedure?
- Preparing for Surgery
- Your Treatment Journey (International Patients)
- The Procedure
- After the Operation
- Recovery and Expected Results
- Aftercare Instructions
- Potential Benefits
- Risks and Complications
- Procedure-Specific Considerations
- When to Seek Medical Advice
- Questions to Ask Your Surgeon
- Further Information and Consent
- Contact Information
- Document Information



What is Otoplasty?

Otoplasty is a surgical procedure designed to improve the shape, position or proportion of the ears.

The procedure is most commonly performed to correct prominent ears, but it can also address other concerns such as asymmetry or deformities caused by injury or congenital conditions.

Otoplasty aims to bring the ears into a more balanced position relative to the head while maintaining a natural appearance.

Why Consider This Procedure?

You may consider otoplasty if:

- Your ears appear prominent or protrude noticeably from the head
- You are concerned about ear asymmetry
- The shape of your ears affects your confidence
- You wish to improve overall facial balance

Many patients choose this procedure to address concerns that have been present since childhood.

Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Disclose all medications, supplements and medical conditions
- Arrange transport home after surgery
- Follow specific fasting instructions if required

Your surgeon will review your medical history and discuss the surgical plan during consultation.

Your Treatment Journey (International Patients)

Initial Assessment

Your medical history and photographs of the ear area are reviewed.

Travel Arrangements

Airport pickup and accommodation are coordinated through the treating hospital.

Pre-Operative Appointment

You will attend a consultation for examination, surgical planning and consent confirmation.

Surgery Day

Otoplasty is usually performed in a hospital or clinic environment.

Post-Operative Stay

Most patients are discharged on the same day after a short observation period.

Return Travel

Patients are generally advised to remain abroad for several days before travelling home to allow for follow-up and early recovery.

The Procedure

During otoplasty, the surgeon reshapes or repositions the ear cartilage to achieve a more natural contour.

Incisions are usually placed behind the ear where they are less visible. The cartilage may be reshaped, repositioned or secured using internal sutures.

The procedure is commonly performed under local anaesthesia with sedation for adults, while general anaesthesia may be recommended for younger patients or more complex cases.

Surgery typically takes 1 to 2 hours depending on the surgical plan.

After the Operation

Following surgery you may experience:

- Mild swelling
- Bruising around the ears
- Temporary discomfort
- A feeling of tightness around the ears

A protective bandage or head dressing is usually applied after surgery.

Recovery and Expected Results

First Week

Bandages are typically worn during the early healing phase.

Weeks 2–3

Swelling and bruising gradually improve and most patients return to normal daily activities.

Longer Term

Final results become more visible as swelling settles. Scars are usually hidden behind the ear and fade over time.

Aftercare Instructions

You may be advised to:

- Wear a supportive headband during early recovery
- Avoid sleeping on the side of the head
- Avoid strenuous activity for several weeks
- Keep the surgical area clean and dry
- Attend follow-up appointments

Following your surgeon's aftercare instructions helps support proper healing.



WORLD
MEDI-GROUP



Potential Benefits

Otoplasty may:

- Improve ear position and proportion
- Reduce the appearance of prominent ears
- Improve facial balance
- Increase confidence

Results vary between individuals.

Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

Possible complications may include:

- Infection
- Bleeding
- Asymmetry
- Changes in skin sensation
- Scarring
- Recurrence of ear prominence
- Need for revision surgery

Your surgeon will discuss potential risks during consultation.



WORLD
MEDI-GROUP

Procedure-Specific Considerations

Ear Cartilage Shape

The natural shape and strength of the ear cartilage influence the surgical technique used.

Symmetry

While improvements are expected, perfect symmetry cannot always be guaranteed.

Protecting the Ears During Recovery

Avoiding pressure or trauma to the ears during healing is important.

Headband Use

Some patients may be advised to wear a headband at night for several weeks to support the ears while healing.

When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing redness or swelling
- Fever
- Severe pain
- Unusual discharge from the surgical site
- Sudden changes in ear appearance

Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for otoplasty?
- What surgical technique will be used?
- What type of anaesthesia will be recommended?
- What results are realistic for my case?
- What is the expected recovery timeline?



Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

Contact Information

If you require further clarification before your consultation or treatment, please contact:

World Medi Group
contact@worldmedigroup.com
Phone/WhatsApp: +44 7464085948
www.worldmedigroup.com

Document Information

Procedure: Otoplasty (Ear Pinning / Ear Reshaping)

Series: World Medi Group – Patient Information Series

Version: 1.0

Date of Issue: 2016

This document is provided for educational purposes and does not replace a personalised medical consultation.