

## *Ear Surgery* (OTOPLASTY)

### **DISCLAIMER:**

**Please read the following points:**

- The details supplied on this website are for information purposes only and full medical details should be obtained from Mr Mutimer at a pre-arranged appointment
- All details supplied by people who log onto this site are confidential and are safely secured by this website only. However, if you do not wish to add details to this website there is the option of performing this via the office on telephone: 9592 0522 or by fax on 9592 0320.
- All patient photos and literature on this website are firstly consented to and signed by the patient themself

## Ear Surgery (OTOPLASTY)

*Ear surgery, also known as "otoplasty" is surgery to correct prominent ears, across a broad range of ages, in both males and females. The surgery pins the ears back closer to the head thus making them less prominent. This procedure is very common in children at the age of 5-6. Prominent ears can be very embarrassing for young children, and quite often causes them a great deal of distress, from the criticism of schoolmates and their peers. To avoid such torment or any psychological damage this surgery is performed at a relatively young age.*

*Teenagers and adults often decide to have this surgery later in life, as often the opportunity was unavailable to them when younger.*



*Otoplasty corrects prominent ears in females and males of all ages, and is very common in children at the age of 5-6.*



### **You are a good candidate for otoplasty:**

- If your ears are prominent and stick out.
- If you feel you are unable to wear your hair tied back due to protruding ears.
- If you have one ear that sticks out or if you have one ear bigger than the other.

or

If you suffer criticism due to your ears sticking out.

### **WHAT TO EXPECT AT THE CONSULTATION**

During your consultation, Mr. Mutimer will ask you what you expect from surgery for yourself or for your child. He will inform you of the risks and complications as well as the benefits of surgery.

The staff at Brighton Plastic Surgery Centre understand that it can be very difficult for a person to make enquiries about such a delicate matter, particularly where young children are involved. Our caring and supportive staff are more than happy to help you with the necessary arrangements to make an appointment to see Mr. Mutimer. It is their aim to make you feel as relaxed, comfortable and fully informed about the procedure as possible. Please do not hesitate to ask the staff for any assistance.

**Confidentiality is of the utmost importance at Brighton Plastic Surgery Centre.**

**Strictest care is taken to ensure your privacy.**

Easy parking is available at the rear entrance.

### **DOES MY HOSPITAL INSURANCE COVER THE SURGERY?**

There is an MBS item number attached to Otoplasty surgery, which ensures a large portion of the theatre and bed fees are covered. There are fees from Mr. Mutimer and the anaesthetist, that Medicare and your hospital insurance will partly cover, however there may be out of pocket expenses also. You should discuss this with the Patient Care Co-ordinator, who will give you a full account summary.

A bed fee will only apply if your surgery is being performed on an overnight basis.

Most ear surgery is performed as Day Surgery, where excesses do not apply.

# Ear Surgery

## (OTOPLASTY)

### OTOPLASTY TECHNIQUE

When having otoplasty surgery, a fold is created at the central point of the ear enabling Mr. Mutimer to reshape the cartilage. Mr. Mutimer then removes skin and either folds or removes a portion of the cartilage, allowing the ear to bend naturally towards the head.

### RISKS, COMPLICATIONS AND SIDE-EFFECTS OF OTOPLASTY

Complications related to Otoplasty are extremely rare, however there are things you should be aware of before proceeding with surgery.

- ❑ There may be some bruising or bleeding.
- ❑ 100% symmetry cannot be guaranteed
- ❑ There is a possibility of follow-up surgery, should one of the ears protrude again.
- ❑ There may be some slight discomfort for the first few days post-operatively however this should not last long.
- ❑ Infection can occur and require antibiotics.
- ❑ Rarely, the scars can thicken and require treatment.

### PRE-OPERATIVE PREPARATION

- ❑ Smoking should be ceased two weeks prior to surgery (including the use of nicotine patches).
- ❑ Any blood thinning tablets (i.e. aspirin/disprin) or vitamins should be ceased two weeks prior to surgery.
- ❑ Amica tablets should be taken 3 days prior to surgery (5 tablets a day) excluding the day of surgery and should also be taken post-operative until finished. These are used to help with swelling and bruising.
- ❑ Fasting is required 7 hours prior to surgery including water, chewing gum and lollies.

### WHAT TO EXPECT ON THE DAY OF SURGERY

The Patient Care Co-ordinator will have given you or your child an admission time, which will be approximately 30-45 minutes prior to surgery. You will have fasted for 7 hours prior to that. If you have a child under the age of 12 you will be asked to obtain an "Emla" patch from the chemist and to apply this to the back of your child's hand one hour prior to being admitted. This is used to decrease the discomfort for the child when the anaesthetic is injected.

When coming to hospital, it is important to bring all of your health insurance details with you. Remember to wear comfortable clothing and a top that is either zipped or buttoned at the front so that you do not have to pull anything over your head. You will be given either a general or local anaesthetic; it is important to inform either Mr. Mutimer or the anaesthetist of any previous reactions to anaesthetics, or if you or your child are anxious or suffer from a nervous disorder.

Anaesthetists who work with Mr. Mutimer have had extensive experience working with children, and are very familiar with all facets of plastic surgery. You can expect to be at the hospital for 2-4 hours. The procedure will take approximately 60 minutes.

You will not be permitted to leave the day facility until staff are completely satisfied that you are well enough to leave.

If you are a day surgery patient it is essential that you have someone to take you to and from the day facility. It is also imperative that someone stays with you for a 24-hour period after the procedure. The ears will have sutures in place, which will be removed after 2 weeks. A bandage will need to stay in place around the head for 7-10 days and you will need to buy a tennis headband to wear around your head when you arrive home.

### When can I resume normal activities?

The decision for a child to return to school will depend on the parents and the child. Everyone heals at a different rate and some children will need to stay home longer than others. The average time spent away from work or school is approximately 7 days.

It is important to avoid physical activity/exercise for at least three weeks.

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## **MAINTAINING A PATIENT/DOCTOR RELATIONSHIP**

Mr. Mutimer is a very approachable doctor who understands the needs of his patients in relation to Otoplasty. He has a great deal of expertise with children and has spent many years working at the Royal Children's Hospital. Please feel free to approach him with any questions or concerns you would like addressed. You will return to the consulting rooms for follow up care, where progress will be monitored.

Post-operative photographs will be taken at a later date.

*It is important to remember that the relationship between you and*

*Mr. Mutimer does not end when you leave the hospital. If you have any questions or concerns do not hesitate to contact the office to speak with him.*

*The post-operative period is an extremely important time and there are trained staff available to help you. You can contact them on 9592 0522.*