



DR. SHAHRAM SAJJADI
PLASTIC SURGEON



YOUR PATIENT GUIDE TO **EAR CORRECTION SURGERY**



Ear reshaping, also known as Otoplasty, refers to a range of common cosmetic surgery procedures designed to correct the size and shape of the ear and earlobe.

Ear surgery can be used to treat many other ear deformities such as; reshaping cartilage ears that have an unnatural shape, reducing overly large ears and reducing large earlobes.

Large ears can often be a huge source of embarrassment, and for the unlucky some, an unfortunate source of ridicule. If this rings all too true, then Otoplasty could be the perfect procedure for you, whether you want to pin back protruding ears; reshape the outer soft tissue or mend torn or stretched earlobes.

Large or protruding ears can be an embarrassing problem for both children and adults alike. Over time, this problem can have a negative impact on self-esteem and overall confidence, making life extremely difficult.

Dr. Sajjadi wants to help you wave goodbye to all those years of covering up with hats, headbands or hairstyles and welcome in the new and improved version of you, ears and all.

Dr. Sajjadi's expert precision means that Otoplasty patients are left with practically inconceivable incisions, meaning that not only will they never need reveal that root of their perfectly sculpted ears, they will never feel self-conscious again.



Ear correction surgery is cosmetic surgery to alter the size or shape of the ears, or pin them back if they stick out. Generally, ear correction surgery is safe and most people are happy with the results. Pinning back the ears is known as an otoplasty or pinnaplasty. It's usually done on children and young teenagers, although adults can also have it done.

WHY SHOULD I BE CONSIDERING EAR SURGERY?

Ear surgery, or otoplasty, is usually done to set prominent ears back closer to the head or to reduce the size of large ears.

For the most part, the operation is done on children between the ages of nine and 18. Ears are almost fully grown by age 10, and the earlier the surgery, the less teasing and ridicule the child will have to endure. Ear surgery on adults is also possible, and there are generally no additional risks associated with ear surgery on an older patient.

ARE THERE ANY RISKS?

All surgery carries some uncertainty and risk. When ear surgery is performed by a qualified and experienced surgeon, complications are infrequent and usually minor. Nevertheless, as with any operation, there are risks associated with surgery and specific complications associated with this procedure. A small percentage of patients may develop a blood clot on the ear. It may dissolve naturally or can be drawn out with a needle. Occasionally, patients develop an infection in the cartilage, which can cause scar tissue to form. Such infections are usually treated with antibiotics; rarely, surgery may be required to drain the infected area.

WHAT SHOULD I CONSIDER WHEN PLANNING FOR MY SURGERY?

Most surgeons recommend that parents stay alert to their child's feelings about protruding ears, do not insist on the surgery until your child wants the change. Children who feel uncomfortable about their ears and want the surgery are generally more co-operative during the process and happier with the outcome.

In the initial meeting, Dr. Sajjadi will evaluate your child's condition, or yours if you are considering surgery for yourself, and recommend the most effective technique. He will also give you specific instructions on how to prepare for surgery.

WHAT TYPES OF ANAESTHESIA WILL BE USED?

If your child is young, Dr. Sajjadi may recommend general anaesthesia, so the child will sleep through the operation. For older children or adults, Dr. Sajjadi may prefer to use local anaesthesia.

WHAT HAPPENS IN THE EARS PINNED BACK SURGERY?

Ear surgery usually takes about one to two hours, although complicated procedures may take longer. The technique will depend on the problem. With one of the more common techniques, a small incision is made in the back of the ear to expose the ear cartilage. Dr. Sajjadi will then sculpt the cartilage and bend it back toward the head. Non-removable stitches may be used to help maintain the new shape. Occasionally, Dr. Sajjadi will remove a larger piece of cartilage to provide a more natural-looking fold when the surgery is complete. Another technique involves a similar



incision in the back of the ear. Skin is removed and stitches are used to fold the cartilage back on itself to reshape the ear without removing cartilage. In most cases, ear surgery will leave a faint scar in the back of the ear that will fade with time.

HOW LONG BEFORE I GET BACK TO FEELING NORMAL?

Adults and children are usually up and around within a few hours of surgery. The patient's head will be wrapped in a bulky bandage immediately following surgery to promote the best molding and healing. The ears may throb or ache a little for a few days, but this can be relieved by medication. Within a few days, the bulky bandages will be replaced by a lighter head dressing similar to a headband. Be sure to follow Dr. Sajjadi's directions for wearing this dressing, especially at night. Stitches are usually removed, or will dissolve, in about a week. Any activity in which the ear might be bent should be avoided for a month or so. Most adults can go back to work about five days after surgery.

Children can go back to school after seven days or so, if they are careful about playground activity. You may want to ask your child's teacher to keep an eye on the child for a few weeks

WHEN WILL I HAVE MORE NATURAL LOOKING EARS?

Most patients, young and old alike, are thrilled with the results of ear surgery. But keep in mind, the goal is improvement, not perfection. Do not expect both ears to match perfectly, perfect symmetry is both unlikely and unnatural in ears. If you have discussed the procedure and your expectations with your surgeon before the operation, chances are, you will be quite pleased with the result.

Compared to other plastic surgical procedures, recovering from otoplasty is often less intensive. However, there are still things that you should do to help your recovery go smoothly and faster. This will help reduce the risk of developing complications as well.

1. AVOID TOUCHING OR RUBBING YOUR EARS

Most cosmetic ear surgery procedures are performed under local anesthesia. That means you won't feel groggy or nauseous once your procedure is done. You'll be able to function normally right after your surgery. However, you'll need to be careful not to excessively touch or rub your ears, either consciously or accidentally, for the first couple of weeks. This is to keep your ears in proper place and prevent damaging the incisions, both of which can delay your recovery. You should move about with care since your ears will be numb, making it difficult to feel trauma. Also, it is recommended that you sleep on your back, so there is no pressure on your ears.

2. WEAR YOUR HEADBAND, ESPECIALLY IF YOU'VE HAD SETBACK OTOPLASTY

Right after your surgery, a bulky dressing will cover your ears. One to seven days later, this dressing will be replaced with a lighter one and a broad headband that covers your ears completely (it looks much like a sweatband). The headband provides protection for your ears and keeps them in place, in case they're accidentally bumped or bent. Most patients need to wear the headband all day and night for the first week or two, then only at night for about a month. It's a good idea to wear button up shirts for the first couple of weeks so you don't have to worry about getting dressed.



3. DON'T SMOKE

Smoking, and being around others who smoke in your presence, can be detrimental to your recovery. Poor healing, irregular scarring and delayed recovery can all be caused by smoking. Avoid smoking and inhaling second hand smoke for at least two weeks after your surgery.

4. DON'T PANIC IF YOU SEE DISCHARGE COMING OUT OF YOUR EAR

The first week after your surgery, it is common for the ears to drain a small amount of fluid. The fluid may be thick, dark or red tinged. If you see this happen, you may use a cotton swab to clean the external part of the ear. However, make sure not to enter the ear canal.

5. KEEP YOUR HEAD ELEVATED FOR THE COUPLE OF WEEKS

Swelling is a normal part of the recovery process. Minimize swelling by keeping your head elevated, especially while you sleep. A couple of pillows to prop your head up is usually sufficient. When awake, you should avoid bending over, an action that may also increase the risk of bleeding.

Swelling normally lasts for one to two months, with residual swelling lasting for up to six.

6. DON'T SCRATCH AT INCISION LINES

It is very common for incision lines to start feeling itchy. Itchiness is usually a sign that they're healing and the nerves are regenerating. Try to avoid scratching the incisions to prevent damaging them.

Please note that if the itchiness is accompanied by redness, discharge or heat, please notify Dr. Sajjadi. There may be an infection.

7. AVOID PROLONGED SUN EXPOSURE AND EXTREME TEMPERATURES FOR ABOUT A MONTH OR TWO

Your ears will be numb for a few weeks. As a result, they may not feel any damage that could be caused by extreme temperatures. If you use ice packs, use intermittently throughout the day to prevent frostbite. Hairdryers should not be used to prevent burns.

Scars will take about a year to fully mature into thin, silvery lines. Until that time, avoid tanning to prevent hyperpigmentation.



Dr. Sajjadi is a fellow of The European Board of Plastic, Reconstructive and Aesthetic Surgery (EBOPRAS) and a Member of the Royal College of Surgeons in Ireland (MRCS).

Dr. Sajjadi's practice goals are to provide compassionate, detailed care for his patients and delicate surgery. He believes that 'beauty is a pleasant blend of harmony and contrast' and based on this concept he aims to create the most natural appearance rather than an artificial look.

Dr. Sajjadi graduated in 1999 as a doctor in general medicine at the University of Pecs in Hungary. Following this he trained in general surgery at the Department of Surgery of The University of Pecs in Hungary and The Royal College of Surgeons in Dublin, Ireland. He was awarded specialist status in general surgery in Hungary and membership of the Royal College of Surgeons in Ireland in 2004 and 2005 respectively.

After completing his training in plastic surgery in 2008, he was awarded the specialist qualification in Plastic, Reconstructive and Aesthetic Surgery from the National Board of Qualifications in Hungary. He then spent 6 months as a fellow of the Dutch Association of Facial Plastic, Reconstructive and Aesthetic Surgery (DAFPRAS) in the Netherlands and Belgium. He has been trained in cosmetic surgery by well known cosmetic plastic surgeons such as Jerome Stevens, Alexis Verpale and Patrick Tonnard in Holland and Belgium. He has also worked in London for 8 months in St George's University Hospital focusing on reconstructive facial surgery and skin cancer.

Dr. Sajjadi's prime interests are facial aesthetic surgery and rejuvenation, facial fat transfer, injectables, fillers, brow lift, short scar MACS facelift, rhinoplasty, facial reconstructive surgery, breast reconstructive and aesthetic surgery, breast implants, mastopexy, breast reduction, breast lipofilling, gynecomastia, body contouring after massive weight loss, upper and lower body lifts, liposuction and liposculpture, abdominoplasty, hernia repair and female genital and perineal reconstructions.

Dr. Sajjadi attends numerous conferences and workshops both nationally and internationally thus remaining up to date with evolving trends in aesthetic surgery. He is an international speaker in rhinoplasty.



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