

Dr. Ashraf Abolfotooh Khalil

Professor of Plastic Surgery - Cairo University

- Consultant of Plastic & Reconstructive Surgery**
- Member of The Royal College of Surgeons of England**
- Fellow of The European Board of Plastic, Reconstructive and Aesthetic Surgery**
- Member of The American Society of Plastic Surgeons**



Otoplasty

(Cosmetic Ear Surgery)

Breast and Body Plastic and Reconstructive Surgery Clinic

Address: Elite Medical Tower, Zahraa Al Maadi St., Maadi - Cairo, 3rd Floor, 11742

Mob: 01014199440 – WhatsApp: 01281228352

Dr. Ashraf Abolfotooh Khalil

Maadi - Elite Medical Tower - Zahraa Al Maadi Street, 11742

Mob: 01014199440 – WhatsApp: 01281228352

What is Otoplasty?

Otoplasty, also referred to as "Cosmetic Ear Surgery", is done to correct a defect in the ear structure that is present at birth or becomes apparent with development. It hence can improve the shape, position or proportions of the ear. Otoplasty can also treat deformed ears caused by injury.

Check the illustrative video [here](#)¹.

Before the Surgery... Preparation and Expectations

Before undertaking an otoplasty surgery, it is important to know that:

- Otoplasty is typically done on both ears to optimize symmetry.
- Otoplasty won't change the location of your ears or alter your ability to hear.
- Otoplasty treats:
 - Overly large ears – a condition called macrotia
 - Protruding ears occurring on one/both sides in varying degrees – not associated with hearing loss
 - Adult dissatisfaction with previous ear surgery

A detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests.
- Examine your ears and facial features and hence agreeing on the required/possible interventions and expected results.
- An overview of the surgical intervention, expected risk, recovery stages, etc.
- Photographs of your ears from different angles.
- Determine where your procedure will be performed and the date of operation.

Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by our medical team.
- Stop smoking, 3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

¹ <https://youtu.be/83654wws7Yw>

During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Local or general anesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** Otoplasty techniques vary based on what kind of correction is needed. The specific technique chose by our medical team will determine the location of the incisions and the resulting scars. Incisions can either be on the backs of your ears or within the inner creases of your ears. After making incisions, we might remove excess cartilage and skin, then we fold the cartilage into the proper position and secure it with internal stitches. Additional stitches will be used to close the incisions.
- The surgery lasts for 2-3 hours depending on the surgical details and patient’s situation.

After the Surgery

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
- Your ears will be covered in bandages for protection and support.
- You will likely feel some discomfort and itching. Medication will be prescribed accordingly.
- Bandages will be removed a few days after the surgery. Your ears will likely be swollen and red.
- If the stitches are not the ones that dissolve on their own, it will be removed in a week after the surgery.



Post-Procedure Precautions

- Keep pressure off your ears and avoid sleeping on your side.
- It is essential that bandages remain intact and are not removed for any reason. Failure to do so may result in loss of some of the correction and may require a secondary surgery.
- You may need to wear a loose headband that covers your ears at night for a few weeks. This will help keep you from pulling your ears forward when rolling over in bed.
- Make sure that the surgical incisions are not subjected to excessive force, sunlight or tanning bed light, abrasions or motion during the time of healing.

- Care and clean your incision area as advised by our medical team. Click [here](#) for sample video on otoplasty after care².
- Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.
- Stop smoking. Smoking slows the healing process after surgery and may make you more likely to get an infection.
- Eat high-fiber foods, such as fruits and vegetables, to avoid constipation.
- Limit your dietary salt intake to help faster swelling recover.

Recovery and Results

- After the bandages are removed, you will notice an immediate change in the appearance of your ears.
- Changes of otoplasty are permanent.
- Scars are permanent; however, they will likely be hidden behind your ears or within the ears' creases.
- The possibility of a revision surgery might be discussed if you are not fully satisfied with your results.

Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visit (once a month) during the next 6-12 months.

Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of Otoplasty are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and at different periods to follow up the progress achieved.

² https://www.youtube.com/watch?v=3B_0RSkZsKo

Generally, the risk associated with otoplasty is minimal and rarely occurs. However, as with any major surgery, otoplasty carries risks such as:

- Bleeding / infection / adverse reaction to the anesthesia.
- Scarring.
- Asymmetry in ear placement and/or overcorrection.
- Changes in skin sensation.
- Allergic reaction to the surgical tape or other materials used during or after the surgery.
- Problems with stitches.

Medication

R/Tavanic 500mg	One tablet daily for 5 days
R/Novaldol 1gm	One tablet every 8 hours - till pain is gone
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Neurontin 300mg	One tablet before bedtime for 5 days
R/Alphintern	Two tablets every 8 hours – half an hour before meals - for 2-3 weeks
R/Controloc 40mg	One tablet 30 minutes before breakfast for 10 days

Cited in : – American Society of Plastic Surgeons: <https://www.plasticsurgery.org> – Mayo Clinic: <https://www.mayoclinic.org/>

Dr. Ashraf Abolfotooh Khalil

Maadi - Elite Medical Tower - Zahraa Al Maadi Street, 11742

Mob: 01014199440 – WhatsApp: 01281228352