



**ENT SOUTH WEST**  
where individuals matter

# Pinnaplasty

## patient information leaflet

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The Consultant has suggested that you be admitted to The Ridgeway Hospital for a Pinnaplasty.

The following information has been compiled to provide you with a better understanding of your procedure/operation, your stay in hospital and your recovery after discharge. It is only a guide as each case is individual. If you have concerns or anxieties after reading this information, do not hesitate to contact your Consultant or a senior member of the nursing staff. Contact numbers can be found at the end of the information leaflet. Please read this leaflet in conjunction with the Coming into Hospital leaflet.

### **What is a Pinnaplasty?**

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A Pinnaplasty is an operation to correct protruding or imbalanced ears, or ears that are out of proportion with other facial features. Pinnaplasty is a relatively quick operation whereby small incisions are made in the natural crease of the ear, through which your Consultant will re-shape the cartilage, and in some cases, remove some. The ear is then stitched back into place in the correct position.

### **Why do I need a Pinnaplasty?**

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Protruding or imbalanced ears, or ears that are out of proportion with other facial features can be a source of embarrassment to many people. Ear correction offers clear and very rewarding results.

### **Are there any alternatives?**

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If your Surgeon has suggested a Pinnaplasty it can be assumed that there are no alternatives to elective surgery. However, each case is individual so it is important that you discuss your individual case with your Consultant.

### **What happens prior to admission into The Ridgeway Hospital?**

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4-14 days prior to your admission date you may be asked to attend the Pre-Admission Screening Clinic. This appointment will last for about 1-1.5 hours. The nurse will take a comprehensive nursing history and perform investigations such as blood samples, urine samples and ECGs (heart tracing). Please bring any medications you are taking to the Pre-Admission Clinic and details of your next of kin. The nurse will also be able to give you some information about your operation so please write down any questions you may have.

## What type of anaesthetic can I expect?

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A Pinnaplasty can be performed under a general or local anaesthetic. A general anaesthetic is usually given by injection into the back of the hand. The patient is anaesthetised (asleep) until the operation is finished. Some patients report a sore throat following this method of anaesthetic, which may be due to a tube being passed down the throat to maintain the airway whilst the patient is anaesthetised. A local anaesthetic is a technique used to provide the area of operation with temporary loss of sensation which allows the Consultant to perform the procedure without causing any discomfort. This is achieved by injecting drugs into the tissue surrounding the area of the operation. A local anaesthetic is usually administered by the Consultant Anaesthetist.

## Starvation

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You will have been requested to follow a period of starvation prior to your anaesthetic and specific times will have been given to you alongside your admission details. A diagram follows to help ensure that you follow the correct instructions regarding starvation.

Admission time	Last food	Last fluid
Admitted for morning surgery	12 midnight	05.00
Admitted for afternoon surgery	07.30	10.30

The Anaesthetist requests that the fluids taken between your last food intake and fluid intake be still water only and that you do not chew 'gum' or suck boiled sweets on the day of surgery.

## What happens when I come into hospital?

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If you have not been invited to attend the Pre-Admission Clinic a member of the nursing team will ask you some information about yourself, which will assist in the planning of your care for the time you are in hospital and the period of recovery after you go home. They will also give you a detailed explanation of everything that will happen before, during and after the operation.

Your temperature, pulse and blood pressure will be taken to check that they are within acceptable limits before your operation. You may also be asked to provide a specimen of urine if you have not been pre-admitted.

If you are wearing nail polish you will be asked to remove this from fingers and toes prior to surgery. Those patients wearing dentures (false teeth) will be asked to remove them just before going to Theatre.

You may be given some nose drops to dry up any secretions. A member of the nursing team will be able to inform you of the preparations necessary for you to undergo surgery.

The Consultant will visit you before the operation to ask you to sign a consent form. Your Consultant Anaesthetist will see you to discuss any worries you may have about the anaesthetic. He/she will ask for details about your general health and about any anaesthetics you have had in the past. Some Anaesthetists ask for cream to be applied to the back of both hands to numb the skin as a small needle is inserted in a vein in the anaesthetic room. Please ask if you would like this.

A plastic bracelet with your name and hospital number will be placed on the wrist. You will be asked to put on a hospital gown and paper pants. Prior to leaving the Ward, a pre-operative checklist will be completed to ensure you have been correctly prepared for the operation.

Patients usually walk to Theatre, however if this is difficult you can be pushed in the bed.

## What can I expect when I wake-up after my Pinnaplasty?

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Initially you will be monitored in the "recovery" area attached to Theatre and once your condition is satisfactory we will transfer you to the Ward where you will be monitored for a period of time.

For a week following your operation, it will be necessary to wear bandages around your ears, and smaller bandages for a few weeks after that to ensure the natural healing process happens as quickly as possible.

Following a Pinnaplasty most patients go home on the day of surgery.

## What can I do when I get home?

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Most patients feel tired, lethargic and insecure when they get home, getting frustrated as they cannot do the things that they want to do – this is normal and largely related to the after effects of the anaesthetic. It is normal to experience both good and bad days. You may suffer from flu like symptoms, lack of concentration and enthusiasm. Even the smallest task can be exhausting whilst the body is trying to recover from surgery. It is essential that you listen to what your body is trying to tell you – i.e. rest if you feel tired. Some people can feel slightly depressed, tearful and very emotional. These symptoms are normal and will usually resolve within a short time.

You should plan to have a week at home to recover and heal comfortably, and should avoid any strenuous work or activity for at least four weeks.

### Will I need to see the Consultant again?

You will be invited to attend the Outpatient Department for an appointment with your Consultant after surgery.

### If I have any questions, whom do I ask?

It is essential to remember that the information provided in this leaflet is a guide only. Should you experience any complications or have any concerns relating to your procedure/operation, then do not hesitate to contact The Ridgeway Hospital Helpline:

#### **DAY CARE UNIT PATIENTS**

01793 814848 Ext 320

(Monday to Friday, 0800 to 1900 hours)

#### **INPATIENTS AND OUT OF HOURS**

01793 814848 Ext 283

The Ridgeway Hospital staff wish you a comfortable and trouble-free recovery.

