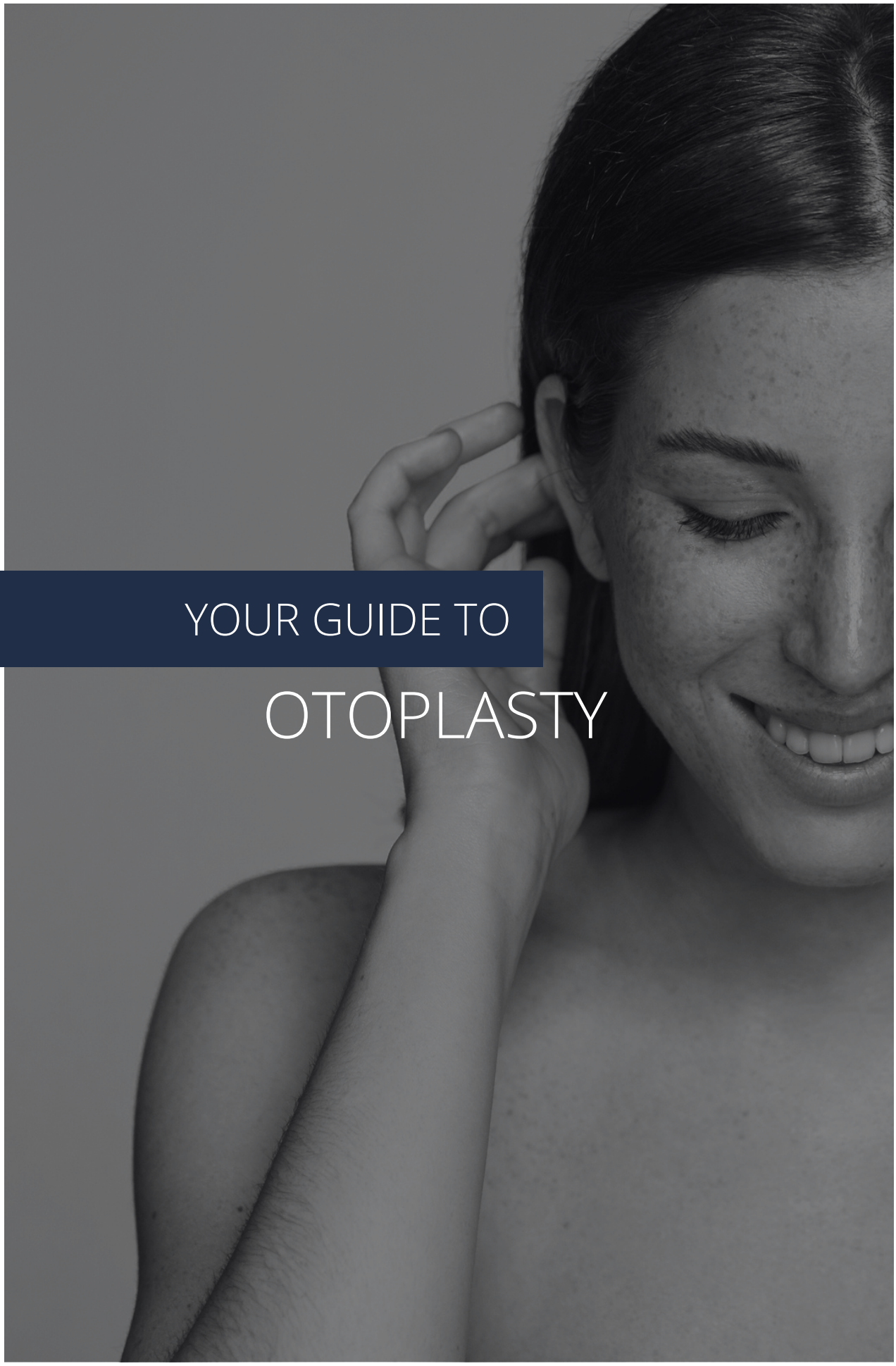

YOUR GUIDE TO

OTOPLASTY

CosMediTour

WELCOME

Welcome to CosMediTour, Australasia's leading Plastic Surgery group. Since 2009, we've helped countless clients find the beauty of self-confidence. We partner with the finest Plastic Surgeons, renowned for delivering a premium standard of care & exceptional results, so you can rest assured that you're in expert hands with us.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

> Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

CosMediTour Client Care

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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INTRODUCTION

Ear Pinning, or Otoplasty, is the surgical reshaping of the ears. Performed on both adults and children, the procedure can change the angle of prominent ears, reduce ear asymmetries, and repair congenital abnormalities.

While prime candidates for Ear Pinning are children aged between 4 and 14 years old (i.e. those with soft and easy to mould cartilage), adult Ear Pinning surgeries are performed with great success. The procedure can address a range of concerns, including:

- ☑ Protruding ears
- ☑ Oversized ears
- ☑ Large or stretched earlobes
- ☑ Constricted ears (cupped/lop ears)
- ☑ Stahl's Ear Deformity (extra crease in the cartilage)
- ☑ Earlobe volume loss

In cases of asymmetry (when one ear protrudes differently to the other), both ears will still be addressed. This is to ensure balance and prevent the need for future surgical revisions.

> Individuals seek this procedure to reshape ear contours, correct protrusion, and achieve a harmonious facial balance.

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.

YOUR SURGERY | 1 hour

Ear Pinning surgery takes approximately 1 hour. During which time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 6 weeks for post-surgery recovery.

HOSPITAL STAY | Half Day - Overnight

In Australia, Ear Pinning is typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 to 3 hours after they wake. Clients undergoing the procedure in Thailand are required to have a short hospital stay (usually overnight).

REST TIME | 2 Weeks

The results of an Ear Pinning procedure are visible immediately and downtime is minimal. Bruising will emerge in the first few days. Pain medication can be used to alleviate discomfort. To aid recovery:

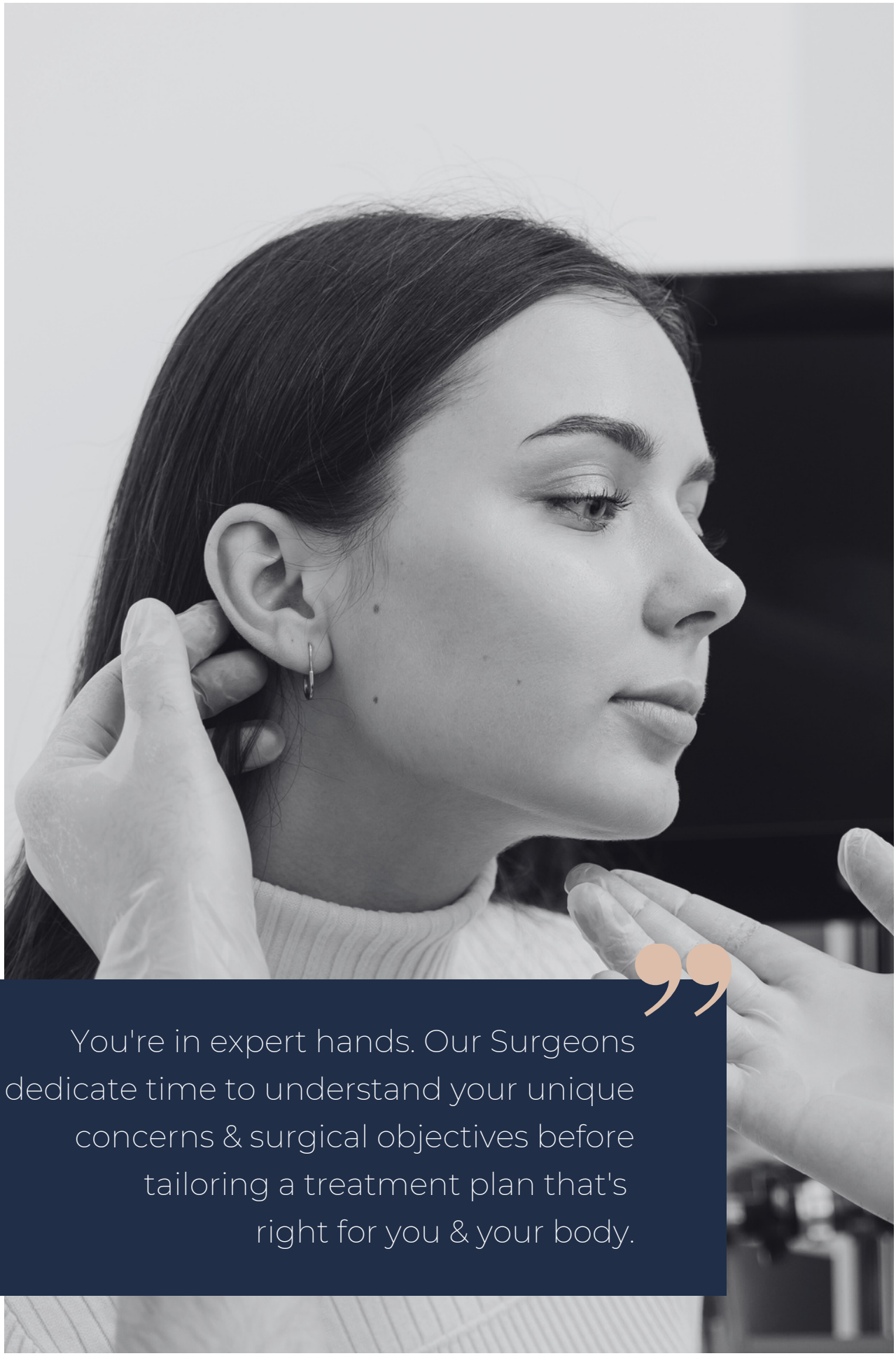
- Post-operative head band must be worn for 10 to 12 days.
- Clients are required to sleep on their back and avoid washing their hair with shampoo for the first week.
- Clients can generally resume work or school after 1 - 2 weeks.

RECOVERY TIME | 2 - 3 Weeks

Light exercise can resume after 3 weeks, however contact sports, swimming and strenuous exercise should be avoided for 6 weeks. In some cases, nerve endings may be cut during the procedure. When this occurs, clients will experience itchy sensations as the nerves regenerate. Care must be taken to not scratch the ears as this could disrupt recovery.

SETTLING PERIOD | 4 - 6 Weeks

Scars are thin and unnoticeable and, once swelling and bruising subsides from 4 weeks onwards, clients can enjoy the benefits of their procedure without others knowing they had it done.



You're in expert hands. Our Surgeons dedicate time to understand your unique concerns & surgical objectives before tailoring a treatment plan that's right for you & your body.

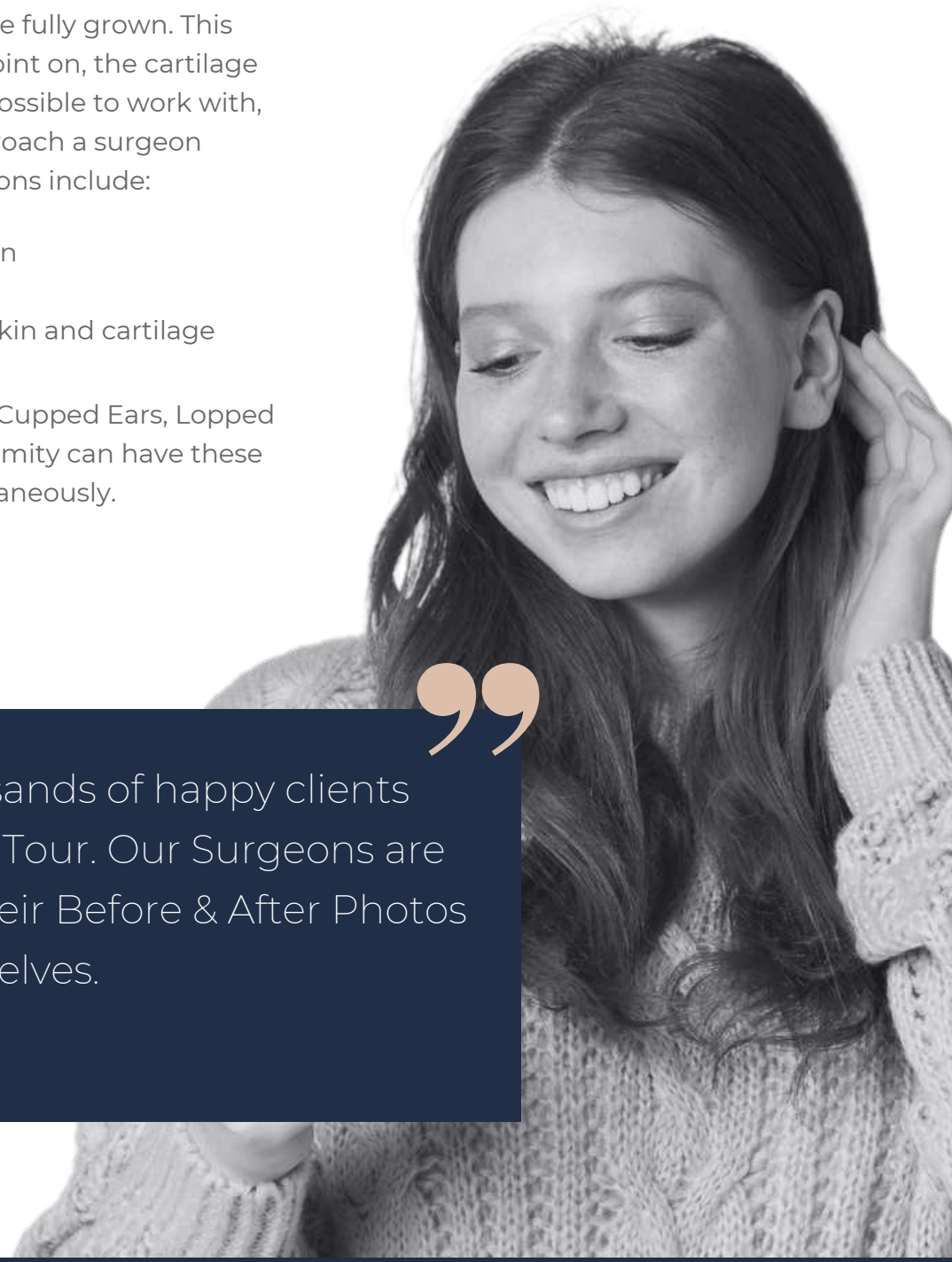
PLANNING YOUR PROCEDURE

Ear Pinning procedures typically address congenital issues—concerns that have been with clients since birth. A unique approach is required for each procedure and there are a range of considerations to keep in mind during the planning process.

The first of these is the client's age. Around the age of 14, the ears are fully grown. This means that, from this point on, the cartilage is harder. While not impossible to work with, this will impact the approach a surgeon takes. Other considerations include:

- ☑ Degree of protrusion
- ☑ Asymmetries
- ☑ Amount of excess skin and cartilage

Clients presenting with Cupped Ears, Lopped Ears, or Stahl's Ear Deformity can have these issues addressed simultaneously.



Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

EAR PINNING TECHNIQUES

There are 2 main Ear Pinning techniques used:

- ☑ Stitch Otoplasty
- ☑ Cartilage Scoring

These can be performed on their own or in conjunction with each other, as the case requires.

STITCH OTOPLASTY

The Stitch Otoplasty technique involves a small incision at the back of the ear. Excess skin and cartilage are removed before the remaining cartilage is repositioned to draw the ear closer to the head. Internal sutures are used to keep the cartilage in its new position and external sutures tighten the skin over the incision.

CARTILAGE SCORING

Cartilage Scoring starts with the same incision as a Stitch Otoplasty. Once open, Surgeons make a cut just inside the cartilage. The skin will then be peeled off the of the front of the cartilage so that score marks can be made—these enable the cartilage to bend back towards the head naturally before the incision site is closed.

EAR-STITCH TECHNIQUE

Occasionally, a third technique can be used. Known as the 'Ear-Stitch' technique, this will see stitches placed on the back of the ear, on the upper, middle, and lower third. The ears are physically drawn back toward the head and no incisions are required. While less invasive, this technique is not suitable for all clients. Your Plastic Surgeon will advise if this is an option for you.

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Rhinoplasty, there are potential risks to consider with all forms of surgery.

Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

RISKS & POSSIBLE COMPLICATIONS

- ☑ Surgical risks (infections, bleeding, allergic reactions to medical materials)
- ☑ Nausea (temporary – from anaesthetic)
- ☑ Haematoma (collection of blood)
- ☑ Pain, bruising and swelling
- ☑ Scarring (standard or Keloid – lumpy, inflamed, and itchy)
- ☑ Numbness, tightness, and ear sensitivity
- ☑ Ulcers (near incision site)
- ☑ Asymmetry
- ☑ Re-protrusion (from broken sutures)
- ☑ Need for revisional surgery

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.