

# REFINING AND REDEFINING PLASTIC SURGERY

OTOPLASTY  
(EAR PINNING)



**VIVARI**  
AESTHETICS

Institute of Surgical Excellence

# VIVARI AESTHETICS

The Vivari Aesthetics Institute of Surgical Excellence is a specialised cosmetic surgery facility that combines expert surgical procedures with five-star boutique hospitality.

Vivari Aesthetics is a specialised cosmetic hospital and clinic in Featherbrooke, Johannesburg, South Africa. It is the brainchild of Dr Anushka Reddy, a medical doctor and owner of Medi-Sculpt, a specialised non-invasive cosmetic and anti-ageing clinic that is also on the same property. Dr Reddy's vision is to provide a luxurious and tranquil environment for patients to have their aesthetic procedures done with an option to stay over and be cared for by qualified health professionals post-surgery. The facilities of the hotel are available to them to enjoy.

These facilities have redefined beauty and wellness by combining luxury accommodation with a luxury day spa, a non-invasive aesthetic clinic, as well as a hospital and clinic all on the same property. This offers patients, a private and secure location for a getaway, treatments and ultimately cosmetic procedures in a luxurious and serene setting for recovery.

The facility offers state-of-the-art equipment and fully qualified medical staff, ensuring that our Patients are well looked after pre- and post-surgery, particularly if they choose to stay over post-surgery. The medical staff will be able to provide the patients with the necessary post-surgery care they require while they recover in the hotel.

The cosmetic surgery has a state-of-the-art operating theatre with 5 post-surgical day beds. Accommodation for patients who choose to recuperate at the hotel is directly above the wards with a lift for convenient and easy access to and from the hotel rooms.

## CONSULTATION

At Vivari Aesthetics we want to ensure that our patients are well informed and receive professional and trusted advice about their chosen procedures before the day of the procedure. For this reason we have set aside specific days for surgeons to consult with them and respond to any of their queries which will ensure that their chosen procedures are indeed what they require.

We will also provide consultations via Skype for patients who are not able to come in for face-to-face consults.



# VIVARI AESTHETICS

## OTOPLASTY (EAR PINNING)

### OVERVIEW

Otoplasty - also known as cosmetic ear surgery is a procedure done to change the shape position or size of the ears.

Otoplasty is done to pull back ears that stick out too far from the head. Otoplasty is also done to correct ears misshapen due to an injury or birth defect.

Otoplasty can be done at any age after the ears have reached their full size.

### CONSULTATION

Initially you will talk to a plastic surgeon about otoplasty. During your first visit, your plastic surgeon will likely:

- Review your medical history. Be prepared to answer questions about current and past medical conditions especially any ear infections. Talk about any medications you are taking or you have taken recently as well as any surgeries you may have had.
- Do a physical exam. To determine your treatment options the doctor will examine your ears including their placement size, shape and symmetry. The doctor might also take pictures of your ears for your medical record.
- Discuss your expectations. Explain why you want otoplasty, what your expectations are and what you are hoping for regarding the appearance after the procedure. Make sure you understand the risks such as possible overcorrection.

If you are a good candidate for the procedure, your doctor may recommend that you take some steps to prepare beforehand.

#### FOOD AND MEDICATIONS

You will likely need to avoid aspirin, anti-inflammatory drugs and herbal supplements, which can increase bleeding.

#### OTHER PRECAUTIONS

Smoking decreases blood flow in the skin and can slow the healing process. If you smoke, your doctor will recommend that you stop smoking before surgery and during recovery.

Also make plans for someone to drive you home after surgery and stay with you for the first night of your recovery.

### WHAT YOU CAN EXPECT

#### BEFORE THE PROCEDURE

Otoplasty can be done in a hospital or an outpatient surgical facility.

Sometimes the procedure is done with sedation and local anaesthesia which numbs only part of your body.

In other cases it may be recommended that you have general anaesthesia which renders you unconscious for your procedure.

#### DURING THE PROCEDURE

Otoplasty techniques vary based on what kind of correction is needed. The specific technique your plastic surgeon chooses will determine the location of the incisions and the resulting scars.

#### YOUR DOCTOR MIGHT MAKE INCISIONS

- On the backs of your ears.
- Within the inner creases of your ears.

After making incisions your doctor might remove excess cartilage and skin. He or she will then fold the cartilage into the proper position and secure it with internal stitches. Additional stitches will be used to close the incisions. The procedure typically takes about two hours.

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## AFTER THE PROCEDURE

Your ears will be covered in bandages for protection and support.

You will likely feel some discomfort and itching. Take pain medication as recommended by your doctor. Contact your doctor immediately if you take pain medication and your discomfort increases.

To keep pressure off your ears avoid sleeping on your side. Also try not to rub or place excessive force on the incisions. Consider wearing button-down shirts or shirts with loose fitting collars.

Your doctor will remove your bandages a few days after the otoplasty. Your ears will likely be swollen and red. You will need to wear a loose headband that covers your ears at night for

two to six weeks. This will help keep you from pulling your ears forward when rolling over in bed.

Talk to your doctor about when or if your stitches will be removed. Some stitches dissolve on their own. Others must be removed in the doctor's office in the weeks after the procedure.

Ask your doctor when you can resume with daily activities such as bathing and physical activity.

## RESULTS

After your bandages are removed you will notice an immediate change in the appearance of your ears. These changes are permanent. If you are not satisfied with your results check with your surgeon about the possibility of revision surgery.

# VIVARI OVERNIGHT PACKAGES

OPTIONAL PACKAGES FOR HOTEL, RESTAURANT AND SPA
<b>REFRESH</b> One night full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
<b>REVIVE</b> Two nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
<b>RENEW</b> Three nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
<i>* Please note that packages exclude incidentals like drinks and any additional spa treatments.</i>





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