

## EARS (OTOPLASTY)

Patients see me about the ears for mainly two reasons. One, is their ears are prominent and they want them pinned back, and the second is for injuries to the ears with piercings, or reduction because the lobes are too long.

When it comes to prominent ears, we perform an otoplasty and that is done basically by removing some of the cartilage behind the ear and reshaping the ear internally with stitches. Prominent ears can have two main issues that make them prominent. One is hypertrophic or enlarged conchal cartilage that makes them stick out from the head more than usual, and the second is an underdeveloped antihelical fold, and these are generally done in combination.

It is rare to have just one issue (either enlarged concha or underdeveloped anti helical fold). Usually, prominent ears are prominent because of both of those reasons.

When it comes to injured ears from piercings and that sort of thing, there are a few ways to correct them depending on the nature of the injury and the scar.

One can excise or reduce earlobes through a vertical incision (on the earlobe), or, cut it out through an incision along the border of the ear lobe (undersurface). Big earlobes are a sign of aging. A lot of women and men, but mainly women (because they wear heavy earrings), do not really appreciate (how their big ear lobes make them look older) until I point it out, and they look at their photographs when they were younger and they are like, "Geez, I didn't realize how big my ears were."

So, that is often the area we will touch up and that can be done in the office. Ear lobe reduction is very popular, actually.

Otoplasty too, can be performed in the office with local anesthesia.

**TAKE HOME POINT:** Reshaping of the adult ear can be performed under local anesthesia and targets the concha, anti-helix, and ear lobe.