

Pre & Aftercare Information

Ear Pinning



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).
For out of hours emergencies and at weekends, please call 07753 211771.

Medication Timetable

Your comfort and well being is our priority, we therefore ask you to follow the course of medication as prescribed below. If you have any questions, please do not hesitate to contact us, we are always here for you and happy to help.

[illegible]

Procedure Information

Preparation before surgery:

- Smoking (cigarettes or e-cigarette with nicotine) - you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.
- Please arrange transport home with a family member or friend.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising. If you are on blood thinning medication, notify us immediately.

The day of surgery:

Please DO observe the following on the day of your surgery:

- Enjoy a light meal before attending, unless you are scheduled for twilight sedation or a general anaesthetic. (IF YOU ARE SCHEDULED FOR A GENERAL ANAESTHETIC, PLEASE READ THE INFORMATION SENT IN YOUR CONFIRMATION OF SURGERY LETTER SENT BY EMAIL).
- Shower and wash hair on the morning of your surgery.
- Wear comfortable clothing.
- Arrange your transport home. We advise you not to drive yourself home.

Immediately after surgery:

After surgery, you will relax in our recovery room. We will provide you with a hot/cold drink and biscuits after surgery. One of our nurses will go through the aftercare and give you instructions on what to expect in the next few days (please always refer to this document).

We will call you the day after your surgery to see how you are feeling and to also make follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist.
- Approx 6 week follow up in clinic or by phone, if you live at a considerable distance.

If you have any concerns, our door is always open and additional follow up appointments can be scheduled by contacting your patient coordinator or Bella Vou directly.

Aftercare in the following weeks:

- Sleep in a slightly elevated position for the first few nights post procedure to allow any residual swelling to decrease.
- Avoid physical exercise that includes over bending or heavy lifting for one week post procedure.
- Drink plenty of water and enjoy a healthy diet.
- Avoid showering until the morning after your procedure. We then encourage you to shower and wash your hair as normal, keeping your hands away from ears. Once you have done this, you can gently blow dry your hair and the area around your ears with the hairdryer on its cool setting, ensuring the area is dry.
- Take regular pain killers for the first few days as advised by the nurse.
- If you experience uncontrollable and significant pain, please notify us as this could be a sign of a haematoma and although not a medical emergency, must be addressed in order to restore comfort.
- Any fresh bleeding from the wound should be reported via the emergency phone (07753 211 771).
- All contact sport should be avoided for 6 weeks (wait until after your 6 week follow up).
- Bruising will last for at least 2 weeks.
- In order to reduce tension on the ears, you will be required to wear a headband at night for a minimum of 14-21 days, we will provide the headband.
- Avoid stooping to pick up bend legs (squat to pick up).
- Absorbable stitches and glue are used to secure the incision, the glue can look like a clear scab, not to worry if this can be felt behind the ear, it will eventually flake away. Avoid pulling your ears forward or placing any tension on your ears.
- We will provide a headband to be worn at night for the first 14 - 21 days following surgery, as advised by the nurse upon discharge and again at your one week follow-up appointment.

Procedure Information

Frequently Asked Questions

How long will it take to recover?

You will generally be less mobile from between 1 - 2 weeks. This will be due to the swelling. It can be quite uncomfortable in the first 48 hours after surgery and you should take regular painkillers as instructed by your surgical team.

Will the scars be visible?

The scars will be raised and puckered initially. Over the next few weeks - month the scar will start to mature. After surgery the area will be swollen and bruised, you will be able to see the scars as the wound heals, these will become less apparent.

When can I return to work?

This depends on the nature of your job. You should avoid any heavy lifting/ bending and strenuous exercise for a minimum of two weeks. If you have an office job you can return after a few days.

When will the stitches be removed?

All the stitches are absorbable and so do not require removal.

How active can I be after surgery?

You can resume most normal activities as and when you feel comfortable although we recommend that you avoid any heavy lifting, over bending and over stretching for at least two weeks.

When can I resume exercise?

Exercising other than walking is also not advised in the first two weeks post procedure. You can gradually increase to your normal routine from 2 weeks. By 6 weeks you should be back to your normal routine. Avoid strenuous ab routines for the first 6 weeks and then slowly build this up.

Is there any diet advice to help pre and post surgery?

It is essential that you eat and drink as normal post procedure. A nutritionally balanced diet is essential for good wound healing and keeping well hydrated will aid in your recovery.

Some Final Bits...

What should I do if I have questions or concerns about my procedure post operative?

Should you have any concerns during the first days or weeks of your recovery, such as whether everything is settling properly, if you suspect an infection or your wound has opened up a little; please be assured that we are always on hand to support you, so please contact us directly. During clinic opening hours, please call the clinic on 01892 257 357. For out of hour emergencies, please call 07753 211 771. While it's tempting to look for health advice online to find an answer to a question or concern, your procedure, your surgeon and your body are completely unique so please speak to your patient coordinator who will arrange for a clinician to set your mind at ease. Typically there is nothing to worry about in most instances, our team of specialists nurses and surgeons are always on hand to assist and assure you.

Revision Policy

General Revisions

While our surgeons always strive to achieve the best possible results for each patient, complications can occur (while very rare) with any form of surgery. Our revision policy covers the patient for any complications incidental to our clinical care as well as any corrective revision surgery that may be required if the outcome we expected you to achieve wasn't at first realised. So whether you require further treatment as a result of an infection or wound problem or require an adjustment to achieve the expected result, Bella Vou include all of this care as part of our commitment to you.

Cosmetic Dissatisfaction

Sometimes an unrealistic expectation might be formed as to the extent of what the procedure would achieve. This tends to be very rare as our world-class surgeons work hard to understand that the desired outcome you seek prior to surgery is realistic with what is medically possible for skin quality, BMI and other underlying factors. During the consultation(s) prior to surgery, the surgeon and the patient will establish what would likely be achievable based on that patient's unique physiology and their individual needs and desires. This would be termed a 'desirable outcome', if that result has not been met, then we would correct that for the patient without further a fee.

Herewith a few examples to help you understand where we would offer revision surgery.

- A breast augmentation patient who underwent breast surgery now has irregularly shaped breasts or who's breasts are not symmetrical in appearance.
- A patient who underwent a tummy tuck and liposuction to the flanks, whereas one flank is nicely contoured, the other has a bulge.
- A facelift patient who develops a pixie-ear deformity in the months following surgery.

With all such examples, Bella Vou would revise these without costs.

Herewith a few examples to help you understand that would not be covered under our revision policy.

- A facelift patient declines a recommendation by the surgeon to have liposuction to the neck as part of a face and neck lift procedure to remove some excess volume and to give the best result. Post surgery, the patient complains that their neck is not as tight as they would have expected. Whilst we can address this concern for the patient, the patient did not take the recommendation of the surgeon previously and now wants the neck tightening further as the neck is still full in appearance or has lax skin. A charge would be incurred for this additional treatment.
- A breast patient is advised by her surgeon to have an uplift in addition to having breast implants to improve the shape and appearance of her breasts. The patient only wants further volume by having implants as her budget is tight. Whilst the patient is happy with the size of her breasts post surgery, she is not happy with the overall appearance as the nipple position is low with less volume in the upper part of her breasts. A charge would be incurred to separately uplift the patient's breasts.
- A tummy tuck patient undergoes a tummy tuck procedure and whilst initially delighted with the result, she then goes on to have further unexpected children or has significant weight gain. The patient is unhappy that her tummy has developed loose skin and is not as flat as it previously was. We can further improve this patient's appearance but this would incur a fee.

In Summary

It is important to bear in mind that our surgeons agree on a 'desirable outcome' with the patient prior to the patient agreeing to any treatment. If the patient is in any way unhappy with the 'desirable outcome' put forward by the surgeon, they are under no obligation to proceed with the surgery.

Please do not hesitate to contact us if you have any questions, queries or concerns.

Market House, 45-47 The Pantiles, Royal Tunbridge Wells, Kent, TN2 5TE
t: 01892 257 357 e: hello@bellavou.co.uk w: www.bellavou.co.uk

