

## Instructions on an operation Otoplasty – plastic ear surgery

Patient:

Birth registration number (for foreign national's passport number and date of birth):

Permanent residence:

Tel./e-mail

(hereinafter referred to as the "Client"):

Cosmetic ear surgery solves the problem of gapping ears. The angle of gapping may not always be the same for both ears, and the shape of each ear may be different. These types of ears can dramatically change the face. This results in psychological trauma, which such a person tends to undergo, especially when they are children. We try to perform these operations on children before the begin elementary school. The ideal age is therefore 5 to 7 years. However, we will only perform the operation if the child wants it! We try to avoid operations which are rather the wishes of parents. A cooperating and convinced the child is the foundation of success.

### Description of operation:

The surgical incision is guided on the back side of the auricle. During the operation the ear cartilage softens and gradually forms so that the surgery can be done as efficiently as possible.

After the final modelling the cartilage is tightened and affixed using stiches. At the end of the procedure the skin behind the ears is sutured and the final modelling the outer ear is done using a special dressing. The final dressing is shaped, modelled and eventually placed along the entire operated outer ear. Finally, both earlobes are treated with a full head bandage. The procedure takes about 1 hour.

### Instructions and information before the procedure

- A personal consultation with the plastic surgeon who will be performing the procedure is necessary before the procedure is performed. After a thorough interview with the client, the plastic surgeon shall clarify the operating procedure with the parents or legal guardian of the client if he/she is a child and appropriately inform everyone of everything that will be necessary. With the consent of the client, parents or guardian the physician will acquire the necessary photo documentation. The photo documentation will be used to compare results before and after the procedure. It is also an integral part of client's documentation.
- Before the procedure under local anaesthesia, it will be necessary to perform blood tests for bleeding and coagulation.
- For small children the procedure can be performed under sedation, for which blood tests are necessary, and a paediatrician must express consent that the procedure can be done under sedation.
- No acute illnesses should manifest itself with the client at least a week to ten days - colds, flu, etc.
- The client may eat a small breakfast before the procedure under local anaesthesia. During the procedure under planned sedation or general anaesthesia, the client may not eat, drink or smoke for 6 hours. This is necessary in order for the anaesthetist to be able to perform the procedure without any issues, and so that the period after the procedure is free of any problems.

The client shall arrive to the procedure fully clean and with their hair washed. Women shall be required to remove all of their makeup.

### Instructions and information after the procedure

- If the procedure is performed under local anaesthesia, the client goes home immediately after the operation. Children should be accompanied by parents or legal guardians.
- If the procedure is performed under sedation the client shall remain at the clinic to sleep and until the patient's health condition is stabilized. Typically, about 4 hours of sleep are enough after the procedure to stabilize the client's overall

state of health. After an agreement between the surgeon and the anaesthetist, the client is subsequently released to home care. Children will be accompanied by parents or legal guardians.

- In all cases, it is recommended to arrange transport from the clinic by car. If the client is interested we can provide the transportation. The client should not drive the vehicle!
- The client will go home with a full head bandage. The surgeon will once again instruct the client about home care, explain everything and answer any questions.
- During the first dressing change, which is done 1-3 days after the procedure, the surgical wounds are checked and dressed with a disinfectant. Everything is again covered with a sterile dressing over the entire head. In the winter, a headband will be automatically applied along with the head bandage,. Under no circumstances may the operated ears become cold or freeze.
- An elastic bandage, in this case a “headband”, must be worn according to instructions from your doctor. Normally this should be for 4-6 weeks. Elastic compression helps with abutment of the operated ears and in achieving the final effect.
- In some cases, sensitive clients may experience a lighter rise in body temperature lasting for a few days. In such a case, as part of post-operative analgesia /pain relief/, the client is advised to use painkillers or other medication according to the instructions of the attending physician.
- Until the final removal of the dressing, we recommend that the client rests, keeps lying on their back, preferably with pillows on both sides of the head. The aim is to avoid lying down on the operated ear.
- After 5-7 days at home, the hair should be thoroughly washed with lukewarm water, using a non-irritating, preferably baby shampoo, and gentle and careful drying with a soft towel. At night we recommend protecting the ear lobes with a scarf, ideally a headband. We no longer strictly require lying on the back and in a raised position.
- At the earliest two weeks after the operation we can begin with potential pressure massages of scars. The surgeon will recommend use of special creams and gels to help the scars heal and minimize them based on the individual, according to the type of used product. After removal of the bandage, the patient will dress the space behind the ears using boric water or disinfectant cotton swab.
- Female clients do not have to avoid using makeup if they are careful around the bandages, which they may not remove.

#### **Possible complications after the procedure:**

**There is no surgical procedure in which the possibility of complications is excluded.**

Complications during the course of the procedure are very rare; nevertheless despite every endeavour to proceed with caution and despite carrying out a technically-correct procedure, complications can arise during the course of the operation or in the postoperative period.

Specific complications in shaping the ears may include unevenness in the front part of the ear, sharp edges of cartilage, asymmetric shape and pulling of the ears, recurrence of sticking out of a part or the entire ear, decreased skin sensitivity, increased sensitivity of the operated ears to cold and heat, purulent inflammation of the cartilage of the ear and its subsequent deformation and visible or emerging internal stitches. Every surgery leaves scars. The scars are usually inconspicuous, but for some individuals formation of hypertrophic, atrophic or stretched scars cannot be ruled out.

General complications include bleeding in the surgical wound or infection in the surgical wound. Predisposed individuals may have an allergic reaction to medication, disinfection or sewing and dressing materials and others...

#### **The patient is obliged:**

To inform the attending physician-surgeon of all diseases and allergies suffered from in the past or present, as well as medicaments used (primarily medicaments which have an influence on blood coagulation and bleeding).

#### **For hospitalisation please bring the following:**

- Results of preoperative examination, which must be no older than 14 days, without the submission of this examination patients cannot be accepted for operation
- Citizen’s identification card and health insurance card
- **Medicaments you take regularly – upon admission give these medicaments to the ward sister, you will be administered these medicaments in such a manner as not to impair the effect of the medicaments administered in connection with the operation**
- Toothbrush, toothpaste, cosmetics you use
- You will receive everything else (food, drinks, clothing, footwear, dressing gown, towel, entertaining reading, etc.) from us

**Please abide by the following instructions before the procedure:**

- Report to the clinic with unvarnished fingernails
- Ensure thorough personal hygiene the evening and morning before the operation; please gently remove any hair in the area where you will be operated
- On the expected day of discharge from the hospital ensure a lift home with a driver. If you are unable to do so we will arrange a taxi for you

**Please abide thoroughly by the instructions before general anaesthesia – see the anaesthetists’ “Recommendations before general anaesthesia”.**

**In the case of any uncertainty or deviation in the results of the preoperative examination, the attending physician or anaesthetist reserve the right to withdraw from the procedure, which is aesthetic surgery, including on the day of the procedure. The procedure can be deferred, if possible, until the patient has sufficiently recovered.**

**Informed consent with operation:**

I was sufficiently informed about my planned plastic ear surgery, about the method of performance of the procedure, the type of anaesthesia, hospitalisation, course of healing, expected result and potential complications, as well as about the price of the procedure and other performance-related acts performed on me the physician during the course of the interview, in which the doctor answered all my inquiries. I have no further additional inquiries and I feel sufficiently informed. Following a sufficient period for consideration, I have decided voluntarily to undergo the planned procedure.

**I have been familiarised with and agree to the necessity of preoperative examination according to the type of procedure.**

For the purpose of the performance of the stated surgical procedure, **I agree with the proposed hospitalisation.**

From a medical perspective, **I agree to the necessary measures** also requiring a potential further procedure in the case of unexpected complications, the applicable financial cost of which I am able to pay.

**At the same time I confirm that in the case of occurrence of unexpected complications** requiring the immediate performance of further procedures necessary to save life or health, I agree to the performance of all such essential and immediate procedures necessary to save my life and health, and I also confirm that I agree to the administration of a potential blood transfusion.

If I do not have health insurance in the Czech Republic, I hereby consent with the measures necessary from a medical perspective in the case of unexpected complications such as further hospitalisation in a specialised department, and also with full financial payment for this hospitalisation and any other procedures in connection therewith.

The Client also provides express consent with the processing and storing of his/her personal details for the needs of the Clinic. The Client and the Clinic explicitly arrange that all mutual legal relationships are governed by Czech law. The parties are obliged to always attempt to resolve any potential disputed issues by means of agreement. If the parties fail to resolve these issues by means of agreement, the Client and the Clinic agree that any dispute resolved in court shall be conducted according to the Czech Legal Order and in a Czech court, with the provision that the relevant court for the resolution of all disputes on the basis of this agreement or other contractual relationships between the Client and the Clinic is the locally appurtenant general court designated according to the registered seat of the Clinic.

**I agree / I do not agree** that the following persons shall be informed about my condition of health (first name, surname, tel. contact, relationship to the patient):

.....

I, the undersigned, authorize the physician:  
to carry out a plastic ear operation

**I agree / I do not agree** to the publication of the results of the procedure in the form of photographic documentation for presentation or teaching purposes:

- a) For internal use
- b) Publication on a website

Date:

Client’s signature:

Doctor’s signature:

**Client’s signature:**