

Information leaflet for people who are considering undergoing earlobe reshaping surgery.

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about earlobe reshaping surgery: why and when to undergo the procedure, the consultation, the preparation, the surgery, the period after the procedure, the result, and lastly, the complications and risks that may arise. Your personal situation and options for treatment can only be discussed during a personal conversation. This leaflet serves as preparation and/or addition to your conversation with the plastic surgeon.

Why and when

The earlobe is an important part of your ear and therefore also an important aspect in the appearance of your ear and face. The earlobe can become softer (lose its firmness) and longer (stretched) over time. Both aspects are often associated with ageing and/or with wearing earrings. Both aspects can be resolved effectively.

You can have a non-binding, informative personal consultation with the plastic surgeon to examine your personal situation and your options.

Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes, complaints and questions in detail. The doctor will examine your earlobes and determine whether the firmness has decreased and/or the earlobe has stretched. Sometimes the piercings in the earlobe have also become too large or have torn. The plastic surgeon will then discuss with you whether and how your earlobe problem can be resolved. Next, your questions will be answered and he/she will provide the most detailed possible information about the preparation, the procedure, the expected result and the possible complications. After all, you may be disappointed with the result if you go into the procedure with the wrong idea. If the surgeon is not convinced that your problem can be adequately resolved, he/she will discuss this with you, as well. If possible, he/she will propose a different solution. If you wish, you can be referred to a colleague for a second opinion.

Cosmetic procedures and surgery are not covered by health insurance. Reimbursement of medically necessary surgery depends on the criteria set by the healthcare insurance company for this procedure. You can consult your healthcare insurance company and/or policy terms and conditions to check these criteria. The specialist cannot deviate from these criteria. The current rules for reimbursement may change in the future.

Your own responsibilities prior to your surgery:

You should observe several rules in the period leading up to your earlobe reshaping surgery, such as:

- **Stopping blood thinners (anticoagulants):**

You may need to stop taking your blood-thinning medication prior to the surgery. The plastic surgeon will inform you about this. If your prescribing physician does not approve the temporary discontinuation of blood-thinning medication, then the scheduled surgery cannot take place at Bey by Bergman Clinics.

- **Submit your general medication overview (GMO):**

If you are using medication, this overview can be obtained from your pharmacy. You can also give us permission to share your medication details via the National Exchange Point.

- **Submit the signed Informed Consent Form:**

You will receive this form once your surgery has been scheduled.

- **Pay the invoice according to the terms of payment*.**

ALCOHOL POLICY:

- No alcohol for 48 hours before surgery and 2 weeks after surgery.

SMOKING POLICY:

- Smoking has a negative effect on wound healing, so you should preferably stop smoking (though not essential).

NAIL VARNISH POLICY:

- There is no need to remove nail varnish, gel nails or acrylic nails prior to the surgery.

DRUGS POLICY:

- Use of drugs like XTC, methamphetamine, heroin or cocaine must be stopped at least 1 week before surgery. This can cause severe heart rhythm disorders during stress.
- This does not apply to prescription amphetamine use for AD(H)D.

Good idea to purchase before the surgery:

- Paracetamol 500 mg, 2 tablets 4x daily
- Naproxen (Aleve) 250 mg 2x daily, if necessary (reduce this pain medication before paracetamol)
- Pantoprazole (gastric protector) 20 mg 1x daily (with use of Naproxen)
- Non-sterile gauze

The surgery

- If you have long hair, we ask you to tie it in a ponytail (preferably a plaited ponytail) on top of your head. The plastic surgeon will draw the surgical plan of the earlobe reshaping surgery just before surgery. The surgery may involve a reduction or a closure of a torn earlobe. This procedure will be performed under local anaesthesia. If the earlobe has only become softer, then it can be strengthened with a filler: 0.50 - 1 cc of hyaluronic acid filler will make your earlobe as firm as before and you will be able to wear earrings perfectly again.
- If you are having surgery under local anaesthesia, the plastic surgeon will numb the surgical field with several injections in the earlobe.
- The ears will be disinfected and covered with sterile drapes. Next, the earlobe can be reduced and/or a torn earlobe can be repaired. The scars will hardly be noticeable once healed. Very thin sutures are used on the wounds; these will need to be removed after a week - 10 days.
- If you are allowed home, somebody must accompany you home. You may not drive a vehicle yourself.

After the procedure

You will experience some pain after the procedure. This is normal. The pain will decrease over the course of a few days.

The ears will not be covered by a dressing.

You can take the prescribed pain medication if you experience any pain.

Please contact the number +31 (0)88 9000535 if you have any questions after the surgery.

Recovery period

Starting from the day after the surgery, you may:

- Sleep on your back or side.
- Shower on a daily basis at home.
- Use non-sterile gauze for any oozing of the wound.
- Mobilise according to the pain, listen to your body.
- Increase your activities further each day.
- Resume driving and cycling the day after the surgery (this depends on your health insurance company).
- Take a sauna, bath, swimming pool and exercise after 6 weeks.
- You will need to use SPF 30 sun cream to protect the scars against the sun during the first year. Ask your specialist about any restrictions in your travel plans after your procedure.
- You will visit the nurse for a check-up after the surgery. We want to remind you that it is important for you to attend these follow-up appointments. This allows the nurse and the medical specialist to monitor the progress of your recovery. They can also offer advice if you have any questions regarding the information provided above.

The result

The scars will barely be visible even immediately after the surgery, because they are small and often located in a natural fold. The earlobe may be a little tender and red or blue. The scars will fade over time and only a thin line will remain behind your ears.

The plastic surgeon can determine the final result after about six weeks. If only an earlobe reduction or repair of a torn earlobe was initially performed, the firmness of the earlobe can be enhanced by injection of a hyaluronic acid filler after these six weeks. It is almost impossible to achieve absolute symmetry, but almost all people are satisfied with the result of the surgery. Occasionally a small second procedure may be required, but even then, a perfectly symmetrical result cannot be guaranteed. The plastic surgeon will always discuss the options with you. Perhaps you are not satisfied with the result, for example because you had different expectations. Please be sure to mention this.

Complications and risks

The plastic surgeon always invests a great deal of time, care and personal attention in your treatment. However, complications do unfortunately occur: no procedure is entirely free of the risk of complications. The normal risks of surgery – such as bruising, post-op bleeding and wound infection – also apply to this surgery. Specific complications can also occur:

- Sometimes an allergic reaction to the anaesthetic can occur.
- Numbness can occur in the skin surrounding the earlobe. These complaints usually disappear spontaneously over time.
- In rare cases, a so-called epithelial cyst (a fluid-filled cavity) can develop in the scar. The plastic surgeon can often remove this cyst quite simply with a needle.
- Sometimes the scars become very wide (keloid) and/or very thick (hypertrophic). An additional procedure may be required in that case.

Always contact us after surgery in the following cases:

- Significantly increased swelling of the wound or the surgical area
- Pain, if the pain medication does not help or the pain even increases
- Redness and swelling of the wound
- Feeling ill and/or a fever, above 38°C (measured via the anus)
- Concerns or doubts
- We can be contacted for emergencies 24 hours per day, via +31 (0)88 9000 567.
- For non-urgent matters, please call +31 (0)88 9000 535 during office hours.

More information

If you have any further questions after reading this leaflet, you can ask your plastic surgeon to answer these questions at any time. You can schedule an appointment for a consultation. You can contact the clinic on telephone number +31 (0)88 9000500 to schedule an appointment. It can be useful to have your questions written down on paper before the consultation.

Complaints and privacy regulations

Bey by Bergman Clinics has complaints and privacy regulations in place. A copy of these regulations can be obtained from our locations and on our website www.beyclinics.nl.

Cooling-off period

Bey by Bergman Clinics acts according to the guidelines of the NVPC and thus implements a 'cooling-off' period. This is the time between the first consultation in which the treatment is proposed and the decision to continue with the treatment. We implement a cooling-off period of one week for a cosmetic surgical procedure.

Terms and conditions of payment*

The first instalment of 25% of the treatment costs must be paid within 5 days after receipt of the invoice. The remainder of the treatment costs should be received by us no later than 4 weeks prior to the surgery date. Cash payments are only possible following agreement with your consultant. If your surgery has been approved by your healthcare insurance company, then you are responsible for reading the terms and conditions of your insurance policy to check that they will reimburse 100% of the costs of your surgery.

Cancellation policy

You must cancel your surgery in writing. Cancellation within 3 weeks prior to your surgery will result in costs already incurred to the sum of 25% of the costs of surgery being billed to you. Cancellation within 48 hours prior to the agreed date of surgery is only permitted in the case of absolute and demonstrable force majeure.

In all other cases of non-insured care, you will be billed for 100% of the agreed treatment costs. In the case of a treatment that is reimbursed by your healthcare insurance company, your treatment cannot be rescheduled at Bergman Clinics. The aforementioned cancellation policy also applies if the surgery cannot be performed due to failure on your part to fulfil your responsibilities as listed in this leaflet.

Finally

This leaflet serves as preparation and as a supplement to the conversation with the plastic surgeon and as a 'reference' for after the surgery. However, such a description can never apply completely to each individual situation. Plastic and aesthetic surgery is not an exact science; this written information should in no way be construed as a guarantee for the course of events and the result of your procedure.