

# EAR REDUCTION SURGERY



John Hilinski M.D.  
PLASTIC SURGERY

One Of The World's Foremost Authorities

[www.drhilinski.com](http://www.drhilinski.com)

[www.macrotiasurgery.com](http://www.macrotiasurgery.com)



# INTRODUCTION

## A new era in cosmetic ear surgery

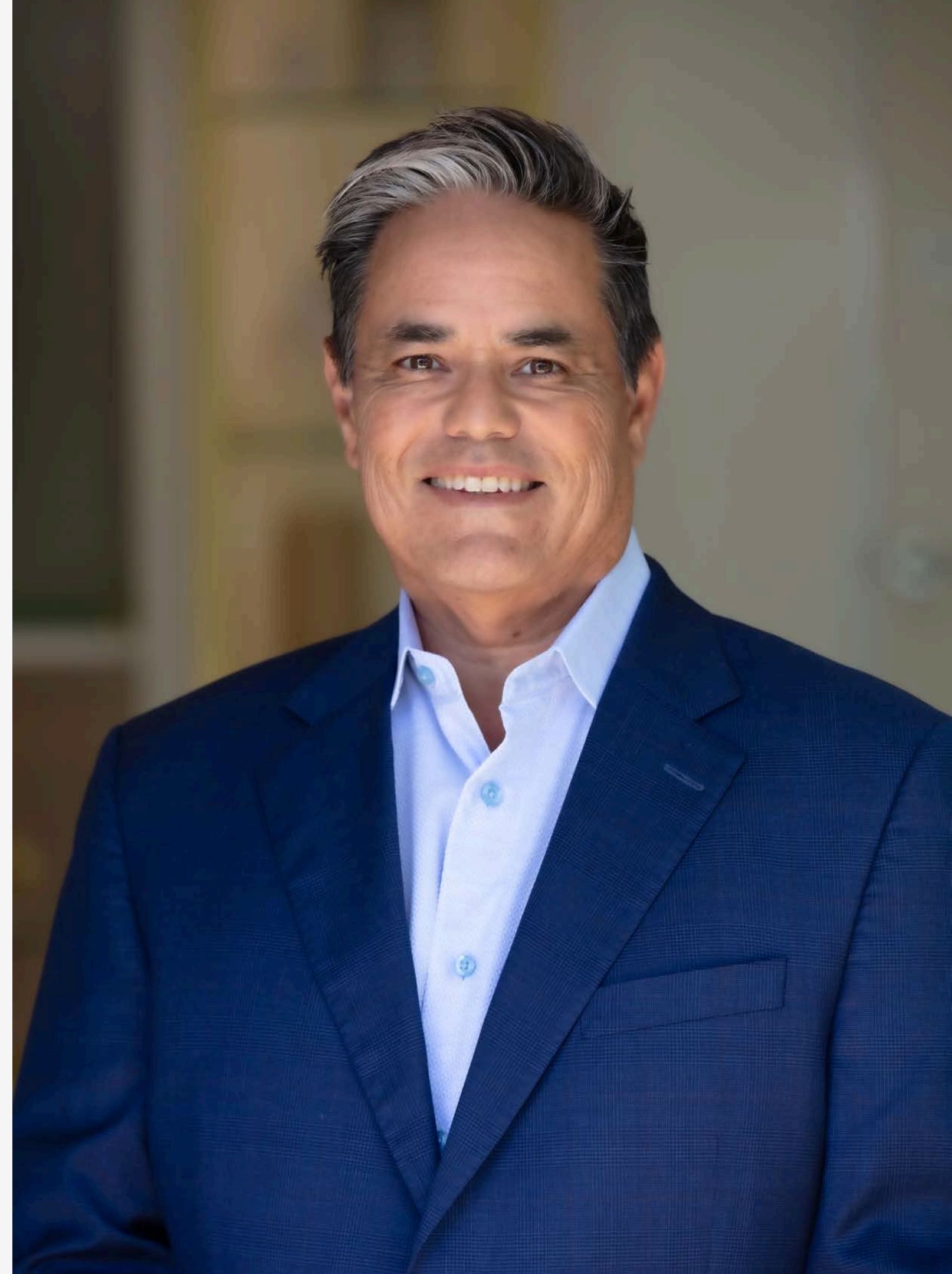
After years and years of performing cosmetic ear pinning, or otoplasty, surgery, I began seeing more and more patients coming to me who were bothered by the fact their ears were simply too large in size - a condition called macrotia.

Unfortunately, otoplasty surgery simply could not help these patients. Therefore, I developed my own innovative method for making an ear smaller in size. Since performing my first ear reduction surgery many years ago, I have become known internationally as one of the few plastic surgeons in the world who reduces the size of peoples' ears on a routine basis.

I have prepared this authoritative guide to provide you with as much knowledge as possible regarding macrotia and ear reduction surgery. This includes details about macrotia ear reduction surgery, the consultation process, realistic expectations and actual surgical outcomes from several of my own patients.

Of note, we have intended for this guide to be as interactive as possible. If you see anything that looks like it 'links' to something, feel free to click on it!

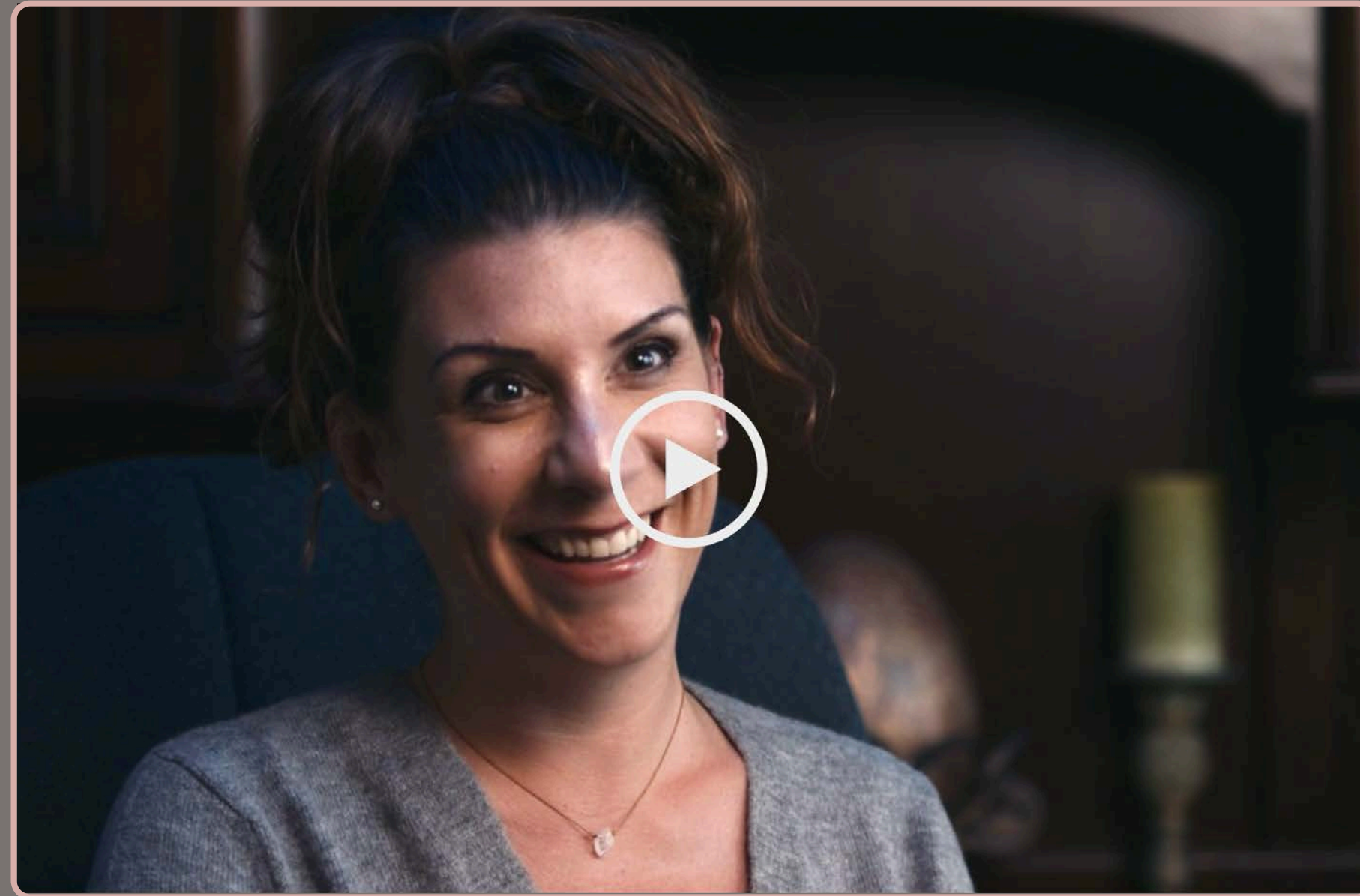
*John Hilinski, M.D.*





# LEARN ABOUT THE ART OF EAR REDUCTION SURGERY

Click below to watch the full video



"It was something that I had always noticed about myself... If there was an option out there, why wouldn't I? The surgery itself was so easy to have such a dramatic outcome... It changed my life in a lot of really different ways that I really didn't notice until I had the surgery done."



# OUR RESULTS SPEAK FOR THEMSELVES

One of the world's largest photo galleries showing ear reduction outcomes



[See More Results](#)



# JOHN HILINSKI, M.D.

## Credentials matter

### MEDICAL EDUCATION

Harvard Medical School, Boston, MA

### SURGICAL INTERNSHIP

University of California, San Diego Medical Center, San Diego, CA

### RESIDENCY

University of California, San Diego Medical Center, San Diego, CA

### PLASTIC SURGERY FELLOWSHIP

University of Illinois, Chicago Medical Center, Chicago, IL

### BOARD CERTIFICATION

American Board of Facial Plastic & Reconstructive Surgery

American Board of Otolaryngology Head & Neck Surgery

### HONORS

Castle & Connolly Top Doctor

Voted one of San Diego's Top Doctors

### EXPERTISE

Medical Expert Reviewer for the Medical Board of California

American Academy of Facial Plastic & Reconstructive Surgery





# FOLLOW US ONLINE

Stay connected with our practice

Follow us on social media for exclusive before-and-after transformations, behind-the-scenes surgical moments, expert skincare tips, and a closer look at the artistry behind facial plastic surgery. It's where education meets inspiration—designed to keep you informed, empowered, and a step ahead in your aesthetic journey.



@smallerears



@drhilinski



@JohnMHilinskiMDSanDiego



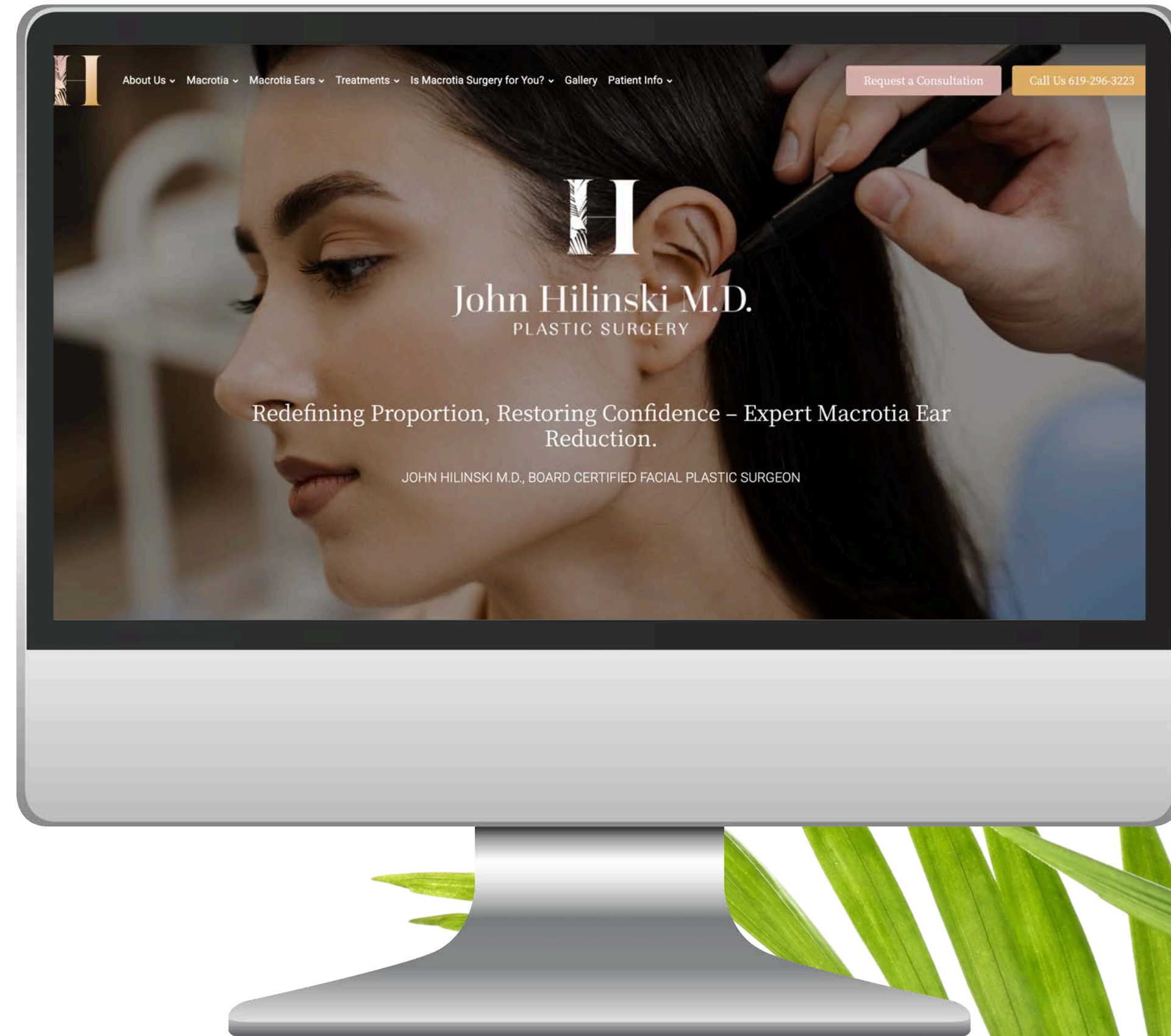
# THE EAR REDUCTION EXPERT

A world authority in making smaller, designer ears

By now it is very likely you discovered us online after conducting research on surgical correction of large ears. If that is the case, you have undoubtedly also come upon [www.macrotiasurgery.com](http://www.macrotiasurgery.com), our microsite dedicated to helping patients understand the nuances of cosmetic ear reduction surgery. You can scour the internet all you want, but as of this date and time, there is no other source out there quite like the information provided online by Dr. Hilinski!

The reason we are able to develop an entire website dedicated just to treating macrotia is because Dr. Hilinski has unrivaled knowledge and experience when it comes to this very niche plastic surgery procedure. This alone should be testimony as to why it is worth seeing a true expert like Dr. Hilinski to get your new, smaller designer ears.

When visiting our website, make sure to take a close look at the growing gallery of beautiful patient examples highlighting what could be possible for you and your ears.





# AN INTERNATIONAL REPUTATION

Known around the world as THE expert

In addition to all the patients from around the United States that have come to us, we are honored to have ear reduction surgery patients flying to San Diego from around the world, including the following foreign countries.

CANADA  
AUSTRALIA  
ISRAEL  
ENGLAND  
UNITED ARAB EMIRATES  
IRELAND

COLUMBIA  
BRASIL  
SERBIA  
GERMANY  
MEXICO  
FRANCE



# CHAPTER ONE

Understanding the large ear





# MACROTIA

## Terminology explained

Simply put, macrotia refers to an ear that is too big in size. This usually refers to an ear that is excessively large from top to bottom. In order to really understand the various components that contribute to macrotia, we will use the following terms quite regularly.

The helical rim (A) is the outer border of the ear.

The scapha (B) is the flat area along the top 1/3 of the ear that is bordered by the helical rim.

The antihelix (C) is the natural ridge along the center of the ear. It is also commonly referred to as 'the fold' of the ear.

The conchal bowl (D) is the cupped area of the ear, which leads into the opening of the ear canal.

The earlobe (E) is the fleshy portion at the bottom of the ear.

### PROBLEM WITH SIZE AND SHAPE

The main problem with macrotia is the fact that the scapha is enlarged or overly developed. This makes the ear look too large in size. In fact, many ears with macrotia will appear too tall and too wide.

Additionally, scapha enlargement can contribute to an ear having abnormal shape because the large scapha can disrupt the natural, gentle curvature that should be seen along the top of the ear.





# MEASURING EAR SIZE

## What's normal and what's abnormal

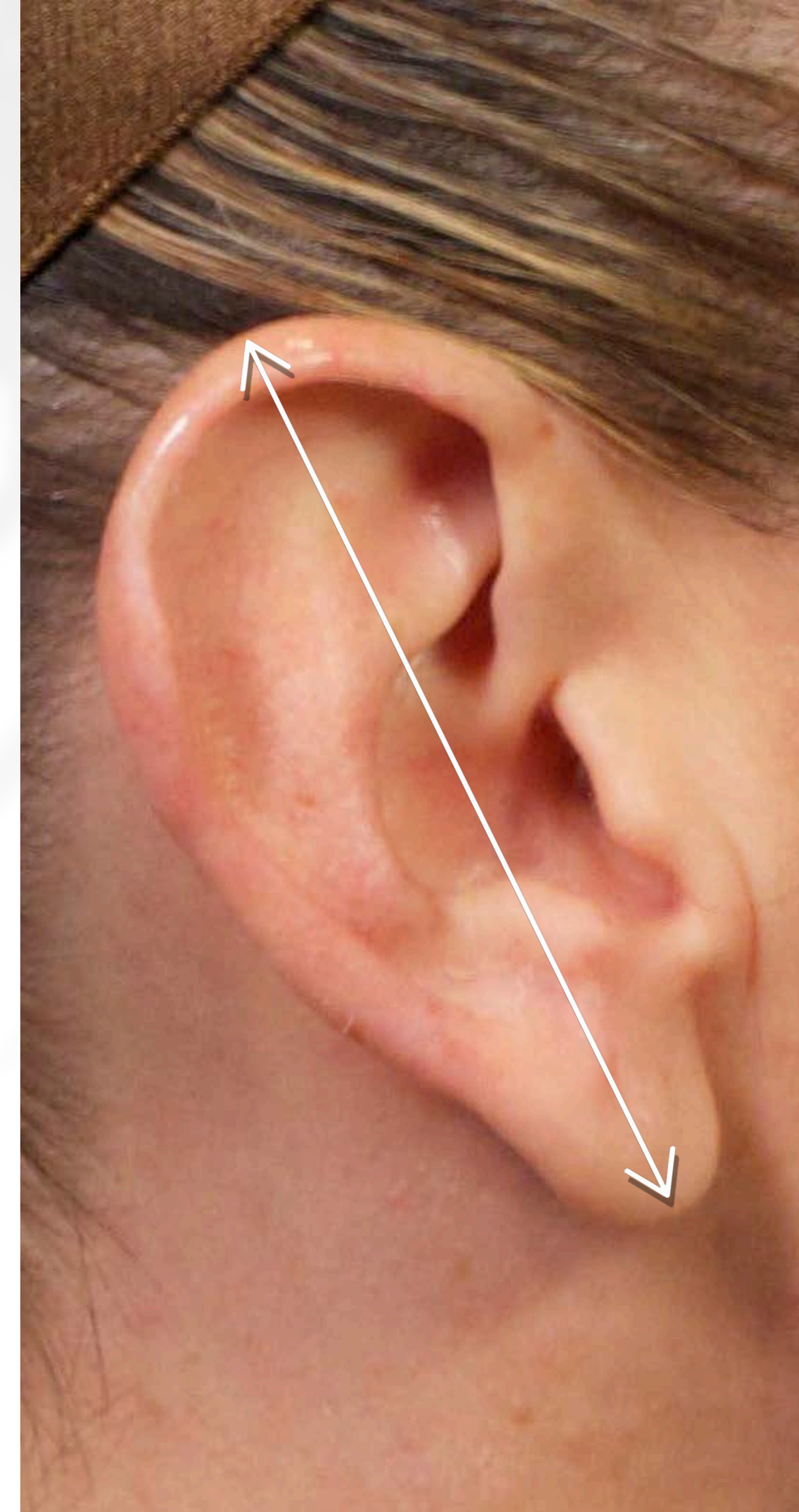
The height of the ear is measured along the long axis, which is represented by a line drawn from the peak of the helical rim curvature down to the lowest point of the earlobe. See the double arrow white line.

It should be noted 'normal' is measured in terms of a range of sizes rather than one specific number. In general, a normal sized ear is between 55 and 70 millimeters in height. In women, the average size tends to be on the lower end of this range, while in men this tends to be on the higher end.

But, the reality is that some patients can have ears that are outside of what we consider the normal size range. Yet, the ears still look proportional and natural for their overall facial features.

Another method of measuring ear size involves comparing the ear to a line drawn from the level of the eyebrow down to the bottom of the nose. If your ears are outside of this range, they can be considered too large. Unfortunately, this method of measuring ear size is just not reliable and is, therefore, considered only of 'historical' interest. In other words, I really don't use this!

Ultimately, what really matters is whether or not you - the patient - think your ears are too large in size for your facial features. Obviously, I would have to agree with this assessment before proceeding with ear reduction surgery. But the point is that we don't always rely on a specific number when determining surgical candidacy. This 'gestalt' assessment of ear size always bears significant consideration when it comes to possible ear reduction surgery.





# FOCUS ON THE SCAPHA

## The root of the problem

When we are talking about macrotia, we are essentially referring to an ear that is excessively large in size due to an overly developed scapha.

The scapha is the segment of the ear that makes up the area between the helical rim and the antihelix, or fold. Normally, this is a fairly narrow area. In patients with macrotia, there is simply too much scapha.

So, does an enlarged scapha add excess height or width to the ear? The answer is both! In some patients, it is more of an issue of excess height, while in others it is more of an issue of excess width. But, in nearly all cases of macrotia, it is a variable mix of both issues.

Regardless of which issue is the predominant component, the end result is an ear that has more surface area compared with a normal ear. Cosmetically, this translates into an ear that appears larger in size.

So the main focus in macrotia surgery is to make the ear smaller in size by reducing the scapha. In doing so, it should come as no surprise that the height and width of the ear are reduced. Each individual case is a bit different in terms of how much of each component is reduced, but the goal is the same - to make the ear smaller in size by taking away a good portion of the scapha.





# MACROTIA VS EAR PINNING

## The open door analogy

I often times use the analogy of an open door to describe the difference between otoplasty and ear reduction surgery. If an excessively large, open door is sticking out into a hallway, otoplasty is analogous to simply closing the large door. Doing so reduces how far the door is sticking out into the hallway. But the size of the door is still the same, which is still larger than average. Yes, the large door doesn't stick out into the hallway any longer - but it is still an excessively large door. In contrast, macrotia ear reduction is analogous to actually making the door smaller in size to be in proper proportion with surrounding objects.

Unfortunately, most plastic surgeons don't even realize ears can be made smaller in size. Consequently, when macrotia patients request surgery to make their ears look less prominent, the surgeon offers to pin them back closer to the head. But these patients continue to be unhappy because their ears are still too large in size - the ears are just closer to the side of the head. That is why nearly 35-40% of my macrotia ear reduction practice involves operating on patients who have previously undergone otoplasty!



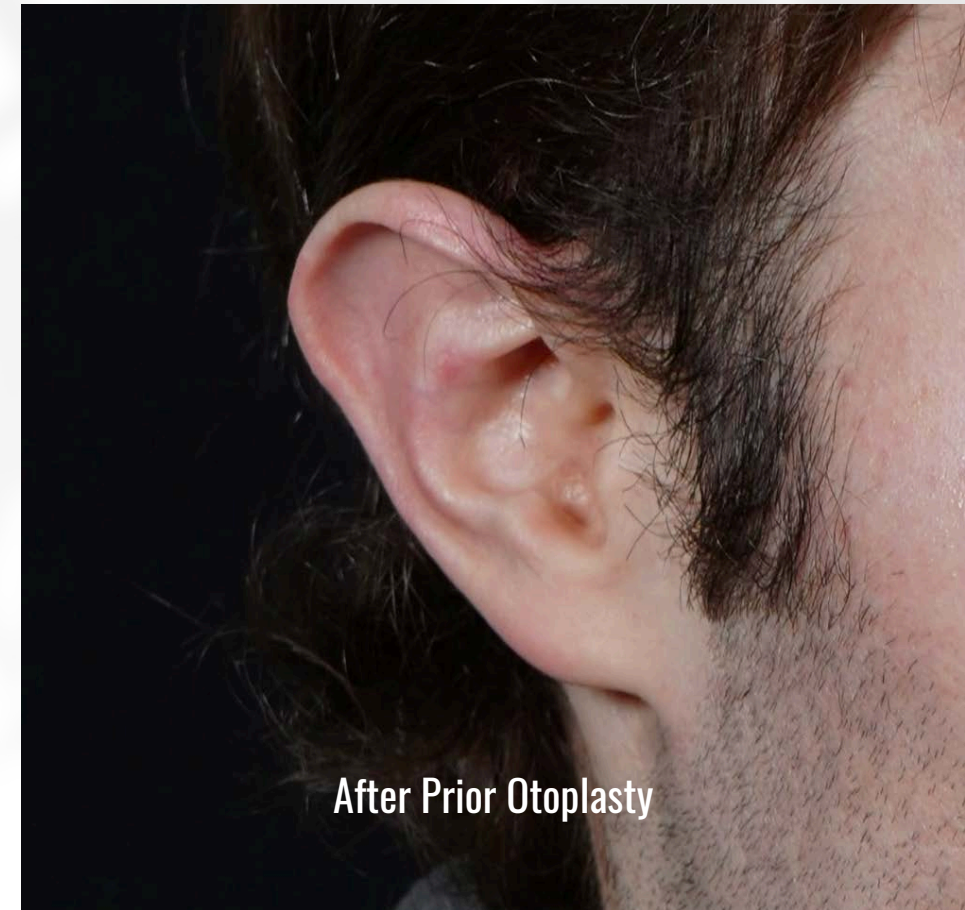


# WHERE OTOPLASTY FAILS

Because it is still a big ear!

Here is an illustrative case example demonstrating where otoplasty can fall short of creating an ideal ear. This is a male patient who flew out from Indiana to have me revise his ears following prior otoplasty surgery.

His prior plastic surgeon performed ear pinning on him, which helped move the ears in closer to the side of the head. But they were still too big for him from top to bottom. This is readily evident in the adjacent photo taken after his prior otoplasty. In addition to being too large, his ears were still abnormally shaped because of the excess scapha that disrupted the natural curvature, which most people possess.



Fortunately, I was able to help in achieving the desired result for him using my proven method for cosmetic ear reduction. His before and after photos are shared below, which visibly highlight a marked change in the size and shape of his ears. In fact, his ears were reduced nearly one (1) full centimeter along the top half of the ear - not an insignificant amount!

He now has ears that are normal in size plus the top of the ear has the desired curvature along the helical rim that he was previously missing. If you look even closer, you will also appreciate how his once thin helical rim has been remodeled to have a thicker, more structured appearance to it.

Sadly, there are still so many patients out there undergoing recommended otoplasty surgery when they really should be having macrotia ear reduction.



# TRAVEL TO SAN DIEGO

## America's Finest City

We are very fortunate to be based in one of the nation's most beautiful locations - often times referred to as America's Finest City.

Our weather tends to be very moderate all year round, which typically makes for easy and pleasurable travel. The office and surgery center are just minutes away from the airport and readily accessible by car.

Should you choose to come in advance of your surgery date, there are endless opportunities for you to tour the city and enjoy the many attractions.

There is a wide variety of hotel accommodations that range from budget to luxury and in between. San Diego also has a thriving short-term rental industry as an alternative.

Our office is conveniently located near La Jolla and Del Mar — two of San Diego's most scenic and sought-after coastal communities, known for their breathtaking ocean views, upscale charm, and vibrant Southern California lifestyle.



# CHAPTER TWO

The consultation process





# GENERAL OVERVIEW

## The path to smaller ears

### INITIAL CONSULT

In order to undergo ear reduction surgery, you must first have a personalized consultation with Dr. Hilinski. The consultation is traditionally done in person in the office (for local-regional patients) or via a tele-health appointment (for long-distance patients).

To schedule this initial consultation please call our office at (619) 296-3223 or email our surgical consultant using this [link here](#). Given the fact that Dr. Hilinski's practice is quite busy, you may need to wait between 2-4 months before you even have your consultation.

### SCHEDULING SURGERY

If Dr. Hilinski considers you to be a candidate for ear reduction you may proceed with booking a date to have the actual surgery performed. If you are deemed a candidate for surgery, you will likely need to wait 2-4 more months before having the actual surgery. In end, this whole process could be upwards of 6-12 months from that initial contact with our office.

We get it. Most patients looking to have ear reduction surgery would prefer to have it done sooner rather than later. Unfortunately, this logistical hurdle is very difficult to overcome when dealing with a plastic surgeon who is in such high demand.

A possible alternative that can help shortcut this whole process is noted in the next section.





# VIRTUAL CONSULTATION

## A possible shortcut to the operating room

If going through the more traditional consultation process noted above is too lengthy, we offer this possible shortcut that can help abbreviate the time it takes to get into the operating room.

In lieu of scheduling the initial consultation, you can choose to have a fully virtual consultation to assess your candidacy for cosmetic ear reduction. In a great majority of cases, we can determine whether or not we can help you out based on a review of photos of your face and ears. If this assessment determines you are a good candidate for ear reduction surgery, you can proceed with scheduling an actual surgical date. Based on our usual timelines, this virtual consult pathway can shave off months and months of waiting.

### 4D EMR Medical Chart

It should be noted that before you submit your photos for review, you must successfully create your own medical chart through our online electronic medical record system, called 4D EMR. In order to receive a 4D EMR invitation, please contact our office at (619) 296-3223 or [click here](#) to email our surgical consultant to get this process started. Once your 4D EMR profile is properly completed, you can submit photos for review.

### Photos Required

In order to make an accurate assessment of your ears, please submit a series of five (5) high resolution photos as shown below. Each photo has to include your full face and head with the five different angles as demonstrated here. All photos can be submitted via email by [clicking here](#).





# CHAPTER THREE

Macrotia ear reduction surgery





# AM I READY FOR SURGERY?

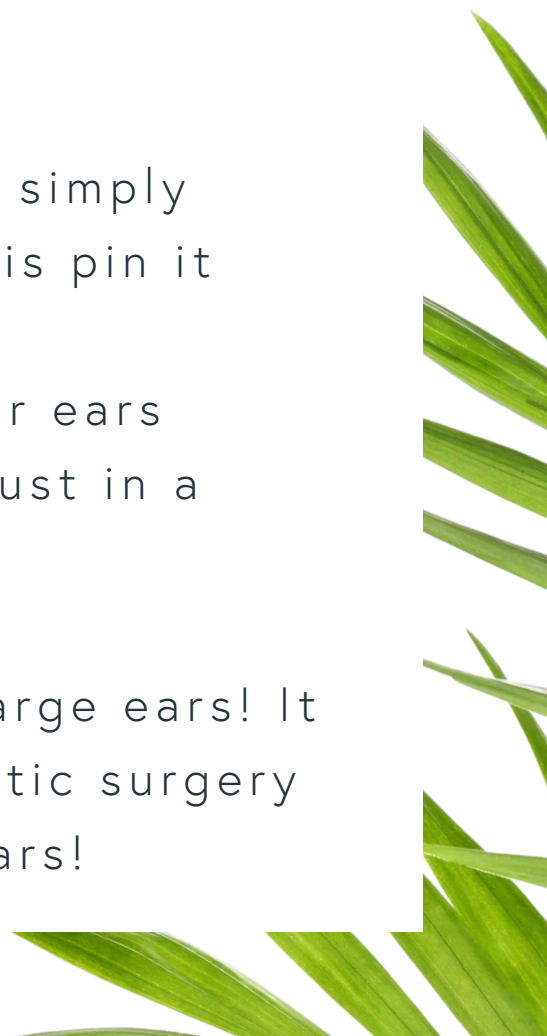
## Making an informed decision

Take a look in the mirror. Are you constantly bothered by the size of your ears? Does the shape of your ears bother you? Are you constantly wearing your hair down to hide your ears? If you answered yes to any of these questions, perhaps it is time to consider cosmetic ear reduction surgery with Dr. Hilinski.

The reason why we have put so much effort into developing and advancing this very specialized type of cosmetic ear surgery is because of patients just like yourself. So many of our macrotia patients tell us they have been literally searching for years in an effort to find a plastic surgeon who knows how to create a smaller, normal looking ear.

Patients are often told - some by very reputable plastic surgeons that you simply cannot make an ear smaller in size. The only thing you can do to a big ear is pin it back to make it less noticeable they are told. And in many of these cases, unfortunately that is precisely what these patient opt to do. They get their ears pinned back only to realize after surgery that they still have large ears - just in a different location now!

Low and behold, Dr. Hilinski has the solution for all of you patients with large ears! It has taken him years to hone his craft, but a good portion of his facial plastic surgery practice is now exclusively dedicated to creating new, smaller, designer ears!





# IT IS NOT ALL ABOUT SIZE

The shape of the ear is also important

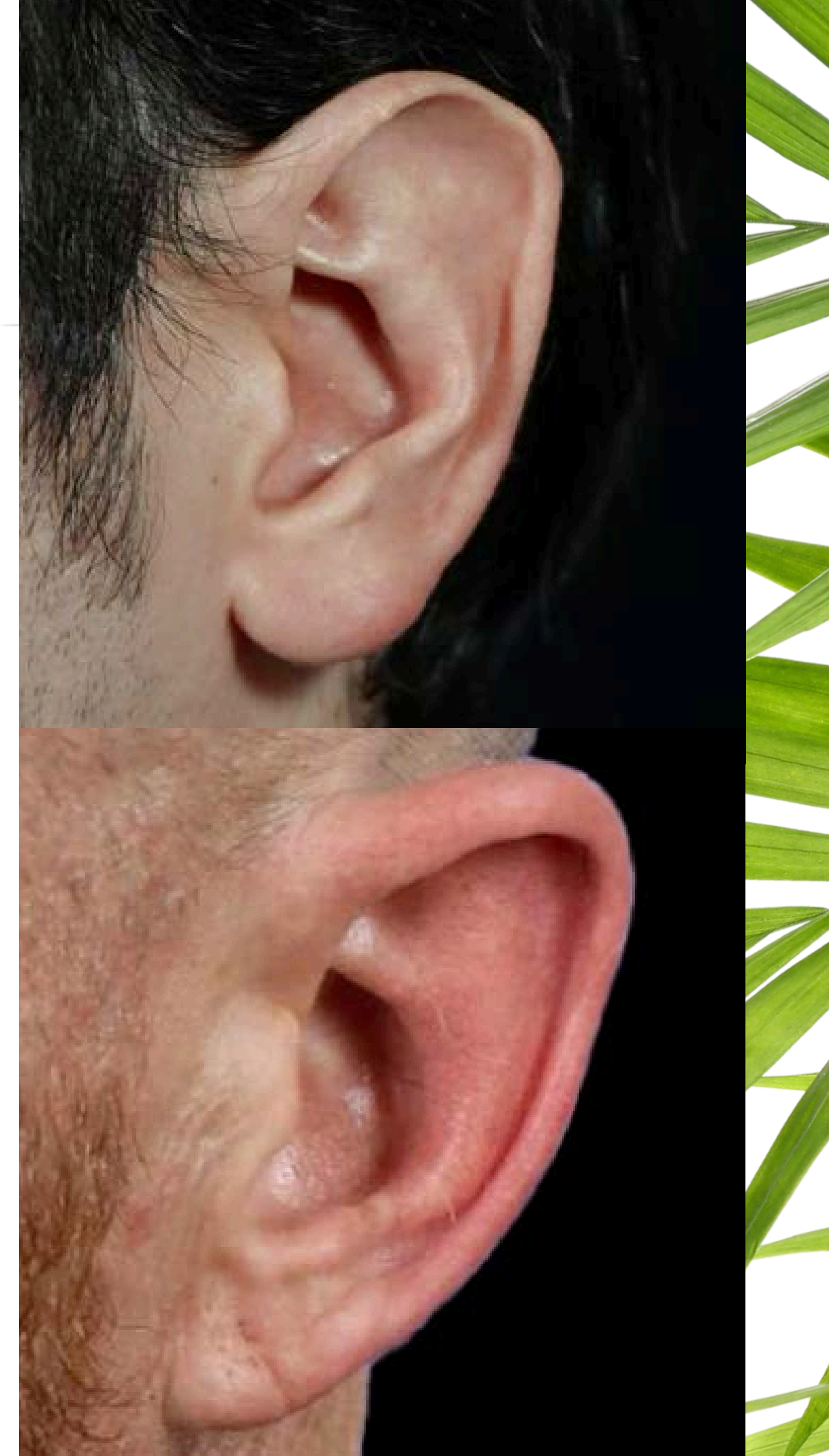
Just like other areas of the body, such as the breast and buttock regions, it is not always about the size. The same applies to patients with macrotia where shape is considered just as important. In all cases of macrotia surgery, the ear is being made smaller in size. However, a lot of the effort should also be focused on shape. In so many cases of macrotia, patients have abnormally shaped ears that do not have the nice, natural curvature they should. Common examples of this are shown below and include what I refer to as the 'squared' ear and 'elf' ear.

## The Squared Ear

The squared ear is best seen on the oblique view. As its name describes, the outline of the ear takes on a more squared than curved shape. This is shown here in the adjacent photo example of one of our actual macrotia ear reduction patients. As you trace the outline of the top of the ear, you will see that it plateaus or flattens - then takes a sharp turn and angles downward - much like the corner of a square. Does this ear demonstrate scapha enlargement? Absolutely! But it is even more obvious because of the abnormally squared shape.

## The Elf Ear

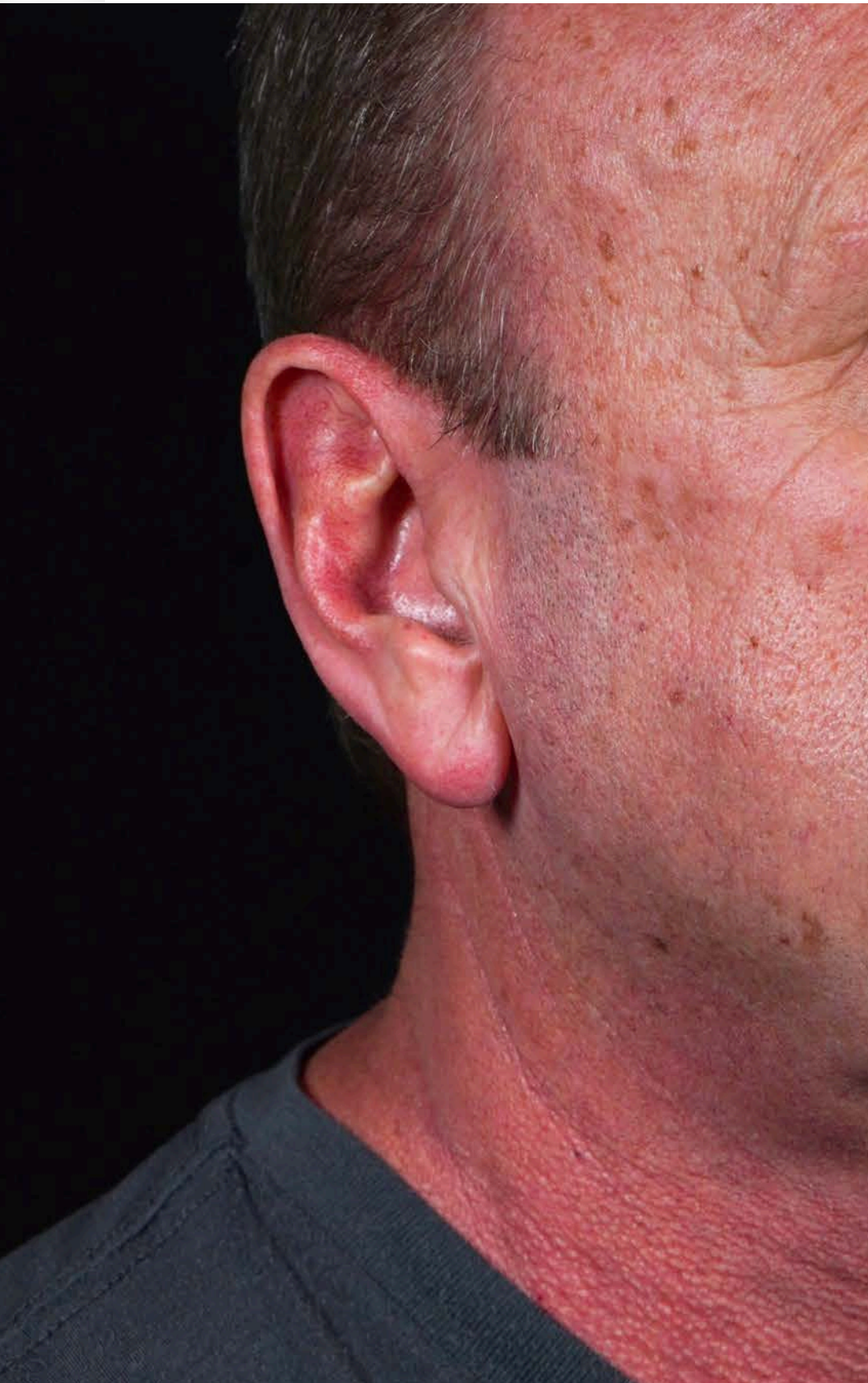
The elf ear is almost self-explanatory in that it resembles a nearly pointed shape at the top of the helical rim. This is because the scapha enlargement is primarily in a vertical direction, which makes the ear taller and large in size with a distinct elf-like appearance. This ear is also considered too large, but the abnormal shape is perhaps more of a distraction.





# WHAT ABOUT THE EARLOBES?

Reshaping from top to bottom



Macrotia patients who have enlarged earlobes have ears that are especially large in size. This is because the earlobe elongates the ear even more from top to bottom.

Patients who have scapha enlargement in combination with an elongated earlobe tend to have ears that almost look too narrow or 'skinny' when seen from the side or oblique angle. That is because the ear has more vertical height than width.

In these cases, which comprise about one-third of my ear reduction surgery cases, the earlobe is simply too large due to congenital reasons. An obvious sign of this is when the patient's earlobe hangs down significantly lower than where it attaches to the face (see adjacent photo). When present, the earlobe will appear as if it is dangling or hanging off the bottom of the ear.

Other patients may have enlarged earlobes because they were stretched abnormally from wearing heavy, weighted earrings. This is a pretty common finding, which is evidenced in the example shown here where her piercing has clearly been elongated.

Regardless of the contributing factors, Dr. Hilinski will often times recommend earlobe reduction combined with scapha reduction to get an overall better cosmetic outcome.

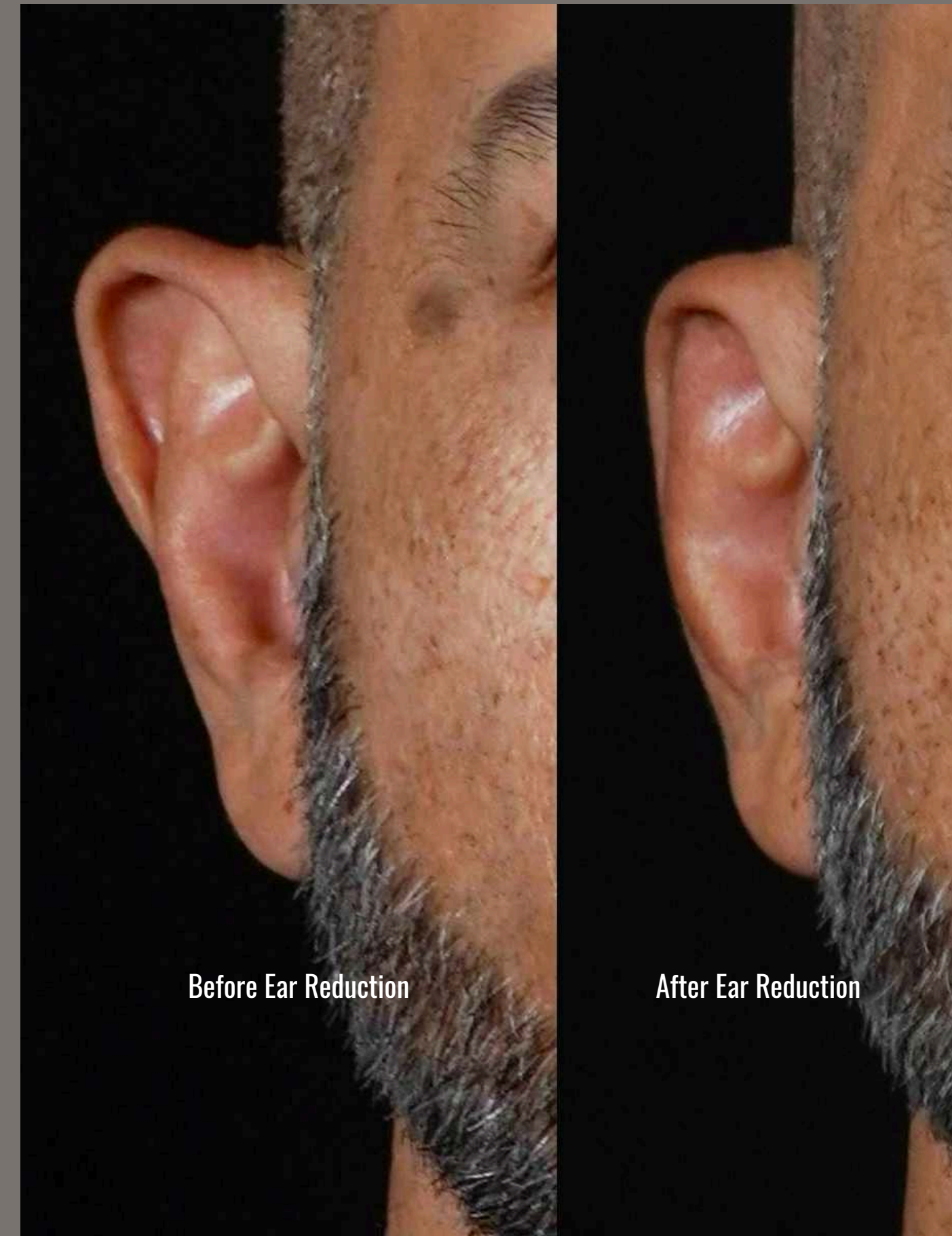


# WHAT IF MY EARS STICK OUT?

## Macrotia and its ear pinning effect

Many patients who consult with us to have their ears made smaller in size ask if they need concurrent otoplasty, or ear pinning, surgery. In a great majority of patients, it is simply not necessary. That is because one of the great things about our famed technique for making smaller ears is the fact that the top of the ear will nearly always move in closer to the side of the head. In some cases, the amount of this movement may even be more substantial than what you could get from classic ear pinning surgery.

Shown here is an example of what we are talking about. This is one of our past macrotia ear reduction patients as seen from the frontal view. As you can readily appreciate, the top of the ear sticks out too far. This is precisely what we alluded to earlier when it was mentioned that many plastic surgeons would simply recommend he undergo ear pinning surgery. But that wouldn't solve the problem. Instead, this patient was offered and elected to undergo ear reduction surgery. The end result is that his ear is now truly smaller in size - but you can also see how the top looks as if it was pinned back closer to the side of his head. But absolutely no otoplasty surgery was done here. This is all the direct result of having macrotia ear reduction surgery!



Before Ear Reduction

After Ear Reduction



# WHAT IF I NEED OTOPLASTY TOO?

## Combining ear reduction with ear pinning

So what if you fall into the small percentage of patients who actually needs to have otoplasty combined with ear reduction surgery? Well, then we would perform both! Usually patients who need concurrent surgery have a larger than average conchal bowl. Remember from our anatomy discussion above that the conchal bowl is the cupped center portion of the ear. If this bowl is overly developed, it will cause the ear to stick out too far.

As noted previously, the top part of the ear will move inward from the macrotia ear reduction technique. The conchal bowl will then need to be reduced in size to allow the central portion of the ear to move inward as well. The latter is typically accomplished by making an additional incision behind the ear so that we can get adequate exposure and access to the conchal bowl cartilage - similar to traditional ear pinning surgery.

Here is a great example of this combined surgery in a young lady who needed both ear reduction and otoplasty at the same time. As you can see the ear is indeed smaller from top to bottom. But look closely at the mid portion of the ear and you can appreciate how the conchal bowl has also been reduced, contributing to the ear coming in even further. On the oblique view you can also see the overall change in size and position of the ear.



Before And After Ear Reduction With Pinning



Before And After Ear Reduction With Pinning



# CHAPTER FOUR

Preparing for ear reduction surgery





# PREPARE PHYSICALLY AND EMOTIONALLY

## Keys to a successful surgical outcome

Even though ear reduction surgery is typically done while you are awake, it is nonetheless a true surgical procedure in every sense of the word. Therefore, it is absolutely imperative that you prepare physically and emotionally prior to having your procedure performed.

Any past and present medical conditions must be fully disclosed to our office so that it can be included in your medical history. For certain conditions, we may even ask that your primary care physician and/or medical specialist provide us with a written note that states you are healthy enough to proceed with the surgery. If this is the case, it must be completed well in advance of your surgical date so that we can avoid unexpected cancellations.

One of the more important things the office will provide you is a list of restricted medications. This list should be reviewed in detail so that you avoid taking any of these medications at least two (2) weeks before and one (1) week after surgery. Failure to do so may lead to unwanted surgical complications.

A number of other preoperative recommendations will be included in a comprehensive communication sent to you by our surgical consultant. Make sure this communication is read from beginning to end well in advance of your surgical date.

Patients who establish realistic expectations tend to have a better overall experience. It has been proven that those seeking surgery based on inherent motivation to address a cosmetic concern - and not to satisfy someone else's desires - have more satisfactory outcomes. That being said, every patient will go through some psychological adjustment period shortly after surgery. This can be impacted by a variety of factors, which include but are not limited to postoperative pain, surgical swelling, and unwanted bruising. Acknowledging this inevitable phase and understanding the temporary nature of it will assist you in a more rapid overall recovery.



# LET'S TALK ABOUT SYMMETRY

Your ears will always be siblings, not twins



Everyone has ears that are different from side to side. This includes size, shape and position. That is just a fact of human nature and is something that won't ever change - even with well-performed macrotia ear reduction surgery.

As we tell patients all the time, there is just no such thing as a pair of ears that are twins. They should all be viewed as siblings because each ear will always have distinct features. Despite how meticulous and detail-oriented we are during your surgery, it is just impossible to create two ears that look exactly alike.

When it comes to results, you have to understand that your ears will never - and we repeat, never - be identical to each other. If that is your expectation, Dr. Hilinski is telling you as a world-renowned macrotia expert that this is simply unrealistic. We would also advise you to stop any further consideration of cosmetic ear surgery. You are searching for something that you will never find!!!

If, on the other hand, you understand and accept the fact that your resulting ears will always be siblings and not twins, then macrotia ear reduction surgery may be for you!



# CHAPTER FIVE

The day of surgery





# WHAT TO EXPECT THE DAY OF SURGERY

Your big day is here!

It is completely normal for you to have a mix of emotions on the day of your surgery. A healthy mix of excitement and anticipation is what we often see and expect. Rest assured as we will shepherd you through this process having successfully done hundreds of other patients who wanted cosmetic ear reduction surgery!

We request that patients wear comfortable clothing on the day of surgery. Loose fitting clothing that does not require you to pull it over the head - such as a button down shirt - is desired.

When you arrive in the office, you will have to complete some paperwork that is required documentation for our ambulatory surgery center. This includes having you review in detail and sign the appropriate consent forms for the surgery. Our staff will also update your health history. If photos have not been taken already, Dr. Hilinski will do so prior to going back into the operating room.

Although not everyone needs it, we can offer you some oral sedative medication (for example, Valium) to help further relax you in advance of the surgery. The oral sedative can only be taken by patients who have arranged for a pickup by someone they know, such as a family member or friend.

You will then be escorted by our staff into the operating room where you will be comfortably positioned on the table. The ears will be numbed up by injecting them with local anesthesia solution. The macrotia ear reduction surgery then begins, which typically takes 2-3 hours to complete.





# IMMEDIATE POST OP EXPERIENCE

## What to expect right after surgery

Most macrotia ear reduction patients are allowed to leave within minutes after the surgery has been completed.

At the conclusion of the surgery, you will have a compression wrap around the ears, which will stay in place for several days before I remove it.

It is recommended that you keep your head elevated for the first three (3) days of healing. This helps minimize blood flow and swelling around the ears. You don't need to sleep upright - you only need to have your head above the heart level. So a slight incline should be just fine.

It is important that you do not allow the dressing to slide or move from the original position. To aid in this effort, many patients will use a travel pillow when sleeping and resting during this early recovery period.

It is also important that you avoid getting the dressing wet or stained.

As soon as you get settled after leaving the office, begin taking the prescribed pain medication as directed. A great majority of our macrotia patients will take the medication for the first 1-2 days before they start tapering off completely.





# CHAPTER SIX

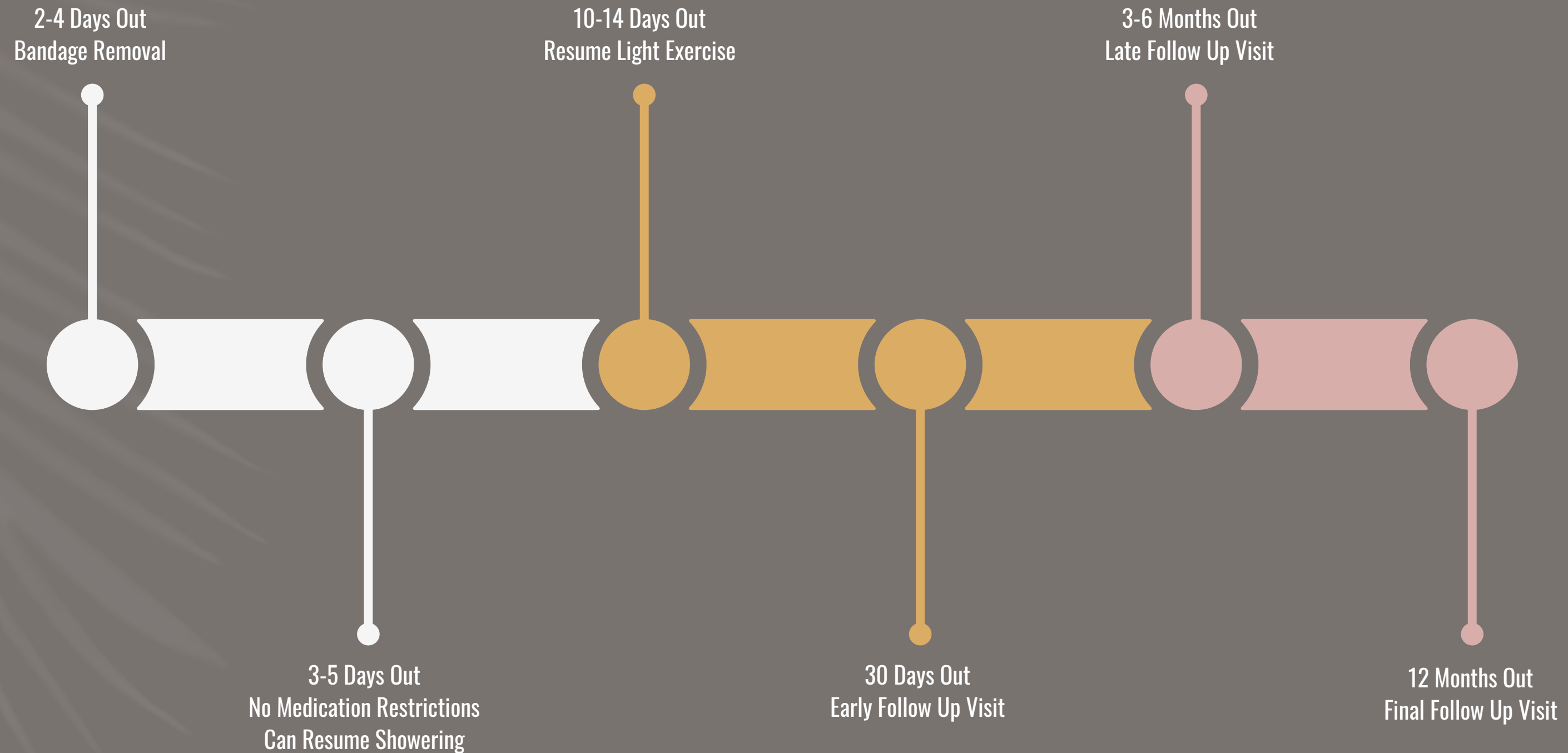
Your recovery





# POST OP GENERAL TIMELINE

Typical milestones for most patients





# MEDICATIONS AFTER SURGERY

Pain relievers and more



We recommend you start taking the prescribed pain medication as soon as you get settled wherever you are staying after surgery. Typical pain relievers that are prescribed include Vicodin, Percocet or Tramadol. If you have a preference for one of these please let us know preoperatively.

These prescriptions are routinely called into your pharmacy in advance of the surgery date so you have adequate time to pick them up. In most cases, it will take several doses of the prescription medication before you start feeling pain relief. Fortunately, most patients only need the pain reliever during the first 1-2 days of recovery. Thereafter, a great majority of patients will switch to over-the-counter Tylenol if they have lingering discomfort.

Keep in mind you still have to avoid blood thinning medications, such as Motrin, Advil, Ibuprofen etc. for 5-6 days after surgery.

It is also recommended that you take Arnica after the surgery, which helps in reducing swelling and inflammation. Arnica is an over-the-counter homeopathic supplement that should be dispensed to you in the office.

Of note, we normally do NOT prescribe an oral antibiotic after ear reduction surgery. In our vast experience infection is incredibly rare as long as you follow our peri-operative protocols.



# INITIAL BANDAGE REMOVAL

What will I look like days after surgery?

We will typically remove your bandages 2-4 days after macrotia ear reduction surgery. When this initial bandaging is taken off, your ears will look quite swollen. This is normal for this early stage of recovery. In fact, the ears can look puffy and distorted for upwards of 5-7 days out from surgery before the swelling starts to subside. It is also expected that your ears will appear a bit red and inflamed. This is because there is more blood flow to the ears as a result of the surgery.

The photos shown here are actual ear reduction patients of Dr. Hilinski just 24 and 36 hours out from their surgery. As you can readily see, the ears are a bit swollen and red as described above. But, in general, the ears don't look as alarming as most patients think they might be at this stage of healing.

In fact, many of our patients who travel domestically and internationally for surgery go straight to the airport looking just like this without much concern!





# 48 HOURS AFTER EAR REDUCTION

The travel from Ohio was worth it!

This is a great gentleman who flew out from Ohio to get his new, smaller designer ears created by Dr. Hilinski.

As you can see, his ears were quite tall! In fact, his ears were measured at over 80 millimeters from top to bottom - making them some of the largest ears we have done.

Dr. Hilinski ended up performing classic macrotia ear reduction to reduce the size of his scapha along the top of the ear. At the same time, his earlobe was made smaller with an incision made along the lower border.

Here he is just 48 hours after surgery immediately after bandage removal looking presentable enough to get on an airplane for his flight home.





# RECOVERY FROM EAR REDUCTION

## The journey back to normal

It's important to note that everyone heals differently. But, in general, you should expect to be publicly presentable in 7-10 days after surgery. Your scars will still be visible because it takes a year or so for them to fully heal. But most patients will say they appear socially acceptable by the end of one week of recovery.

**Showering:** You can shower 3-4 days after surgery assuming your dressings have already been removed and there are no complications. Do not avoid getting your ears wet but do not let the water hit the ears directly. Do not attempt to get the residual markings off of the ears. This should occur as you continue to shower and allow the shampoo and soap to do this passively.

**Diet and Medication Use:** After 4-5 days of recovery, you can resume your normal diet. In addition, you can begin taking any medication or supplement that you were restricted from using prior to the surgery.

**Exercise:** Resuming normal workouts can aggravate swelling in the early recovery period. Therefore, we recommend patients resume exercise in a gradual manner. This means starting off with walking and lite cycling workouts at 10-14 days out from surgery. Keep in mind you will feel some throbbing in the ears as you resume exercise, which is entirely normal. As the weeks go on you can then transition into more vigorous workouts as tolerated. The exception to this is any exercise activity that would risk traumatizing your ears (such as wrestling, jiu jitsu etc.).





# OUT OF TOWN PATIENTS

## Special considerations

For all of our out of town ear reduction surgery patients, we recommend you keep in mind some special considerations regarding your local stay.

### Choose Your Location Wisely

Ideally you will stay in a hotel or short-term rental that is close to our office. This will make your life much easier on the day of surgery and on the first follow up visit days later. Our office is located in between La Jolla and Del Mar within the city of San Diego. So plan accordingly.

### Stocking Up On Food And Drink

One thing that you will not be up to doing is going out to eat during the first 2-3 days of your recovery. Therefore, we recommend you stock your hotel room or short-term rental in advance with several food and drink items. Doing so will obviate the need to go searching for food and drink when you are uncomfortable and in pain. Keep in mind that you should be ingesting high protein content food as this will help your body kick start an optimal healing process.



# CARING FOR YOUR INCISIONS

## Optimize your wound healing

Taking care of your surgical incisions is an important part of achieving an ideal outcome after ear reduction surgery. There is typically an incision running along the inner border of the helical rim. In some cases, a second incision is made across the helical rim. And in other cases there may be an incision on the back side of the ear as well. If your earlobe was reshaped, there will be sutures along the bottom and backside of this area.

In a great majority of cases, we will use fast dissolving sutures in the skin, which do not have to be removed. These will typically absorb away or fall out within 7-10 days as long as you take proper care of the wound.

Proper wound care includes making sure you do NOT develop any scabbing or crusting along the incision lines. This can be accomplished by thoroughly cleaning the incisions with a Q-tip and soapy water 2-3 times per day during the first 7 days of recovery. When doing so, simply roll or gently swipe the sutures and incision line with the Q-tip to remove any visible debris. You should then carefully apply a thin layer of Bacitracin ointment or Aquaphor (either one can be purchased over-the-counter at your local pharmacy).

After 7 days of recovery, we recommend you start using topical silicone gels or exosomes to further optimize wound healing in terms of the scar. These topical products should be used for upwards of 2-3 months after surgery. There are quite a few options at your local pharmacy when it comes to choosing a topical silicone gel for scars. Our office sells the exosomes

During the first year of recovery it is also important that you avoid direct sun exposure on the scars.





# FINAL HEALING

## You have to be patient

Overall, like so many other surgical procedures, it will take upwards of one (1) full year before you see the final result from the macrotia ear reduction surgery.

There are some patients who visibly do not show a huge change over the final months of the year. However, from a biological standpoint, it does take that long for full healing of the ears.

During this time, you will undoubtedly go through periods of healing where the ears will appear a bit more swollen. This can be affected by exercise, weather and other causes. The ears may also appear more red during certain periods of healing, especially along the incision lines. These are normal observations and do not signify a complication per se.

As the healing process continues to unfold over that year, swelling gradually goes away to reveal the normal landmarks of the ear. The ear will also start to feel less stiff and more pliable to the touch. It is important that you remain patient and allow the full healing process to take place.



# SPECIAL PRECAUTIONS

## Avoid trauma to the ear

For upwards of one full year after surgery it is very important that you avoid anything that could mechanically traumatize the ear and cause damage. As we discuss with ear reduction surgery patients all the time, this really distills down to basic advice that simply makes logical sense. Keep in mind that all it takes is one inadvertent injury to the ears while they are healing that will compromise the structural integrity and, thus, lead to a suboptimal result.

For instance, you should not be putting a motorcycle helmet on over your new ears as this could potentially damage the surgical correction - even months out from surgery. In the same spirit, you should avoid wearing something like a dive or swimming mask that could put undue pressure on the ears and compromise the surgical result.

Failure to follow such logical advice may lead to huge regrets on your end and the real likelihood that you will have to undergo revision ear surgery.

If there is a compelling reason that you absolutely must wear a device or equipment, for example, for occupational purposes, please discuss this with us well in advance. There may be some contingency plan we can fall back on to help mitigate any potential complications.





# LET'S TALK ABOUT SCARRING

## The good, the bad, the ugly

Like it or not, scarring after macrotia ear reduction surgery is obligatory - everyone gets it! It's impossible to do any type of plastic surgery without scars. But that being said, we do everything we can to make sure those scars look as least visible as possible.

The overwhelming factor when it comes to forming good scars is a patient's genetic predisposition to forming scars. Yes, meticulous surgical technique is certainly a factor. But it is really hard to overcome genetics even with near-perfect technique. A great majority of patients have adequate genetic makeup that allows their body to form good scars that are quite difficult to see even close-up. Unfortunately, there are other patients who simply form bad scars because of their genetics. For example, some patients are prone to developing hypertrophic or keloid scars, which frankly can be quite ugly. If you have had prior surgery or an injury that resulted in such bad scars, there is a high likelihood your ears will form similar scars after macrotia ear reduction surgery. In this instance, we would likely decline to do your surgery given the risks of unsightly scar formation.

There are instances where a scar heals appropriately, yet it is still more visible than desired. This can occur if the incision line separates slightly during the healing process. If scar tissue also pulls on the incision line in an abnormal fashion, the resulting scar can be more noticeable than desired. In patients where this happens, we would likely recommend some type of scar revision procedure, such as laser treatment or a minor touch-up procedure, to help improve the appearance.





# ADDITIONAL MEASURES

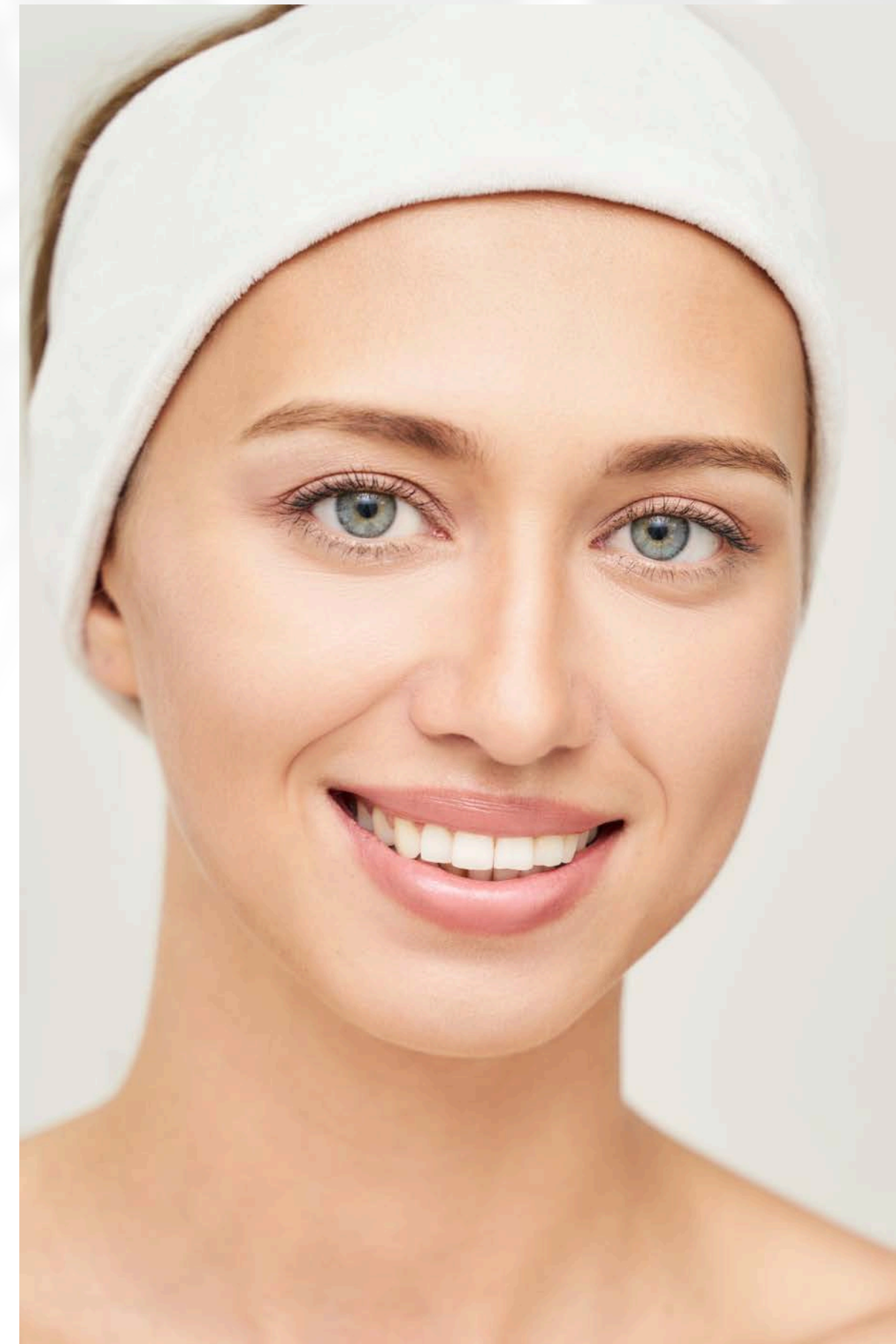
## Bandage use after ear reduction surgery

Once the surgical bandages have been removed a few days after surgery, you will not need to have anything on your ears during the day. However, you will need to wear something around your ears when sleeping. Please note this bandage is NOT intended to be worn to keep pressure on the ears. In fact, I prefer you wear a bandage that is comfortable and not too tight. But it should not slip off easily when sleeping. The reason we recommend ear reduction surgery patients wear a bandage at night is to protect the ears from getting inadvertently damaged. For instance, if you roll over onto the ears while sleeping there is a chance you can accidentally clip the ear or traumatize it by bending it at the top. This would likely jeopardize your cosmetic result and could prompt the need for revision surgery.

Most macrotia ear reduction surgery patients will use a cloth-like wrap to act as their protective bandage, as is shown by example in the adjacent photo. The protective bandage should provide adequate coverage to protect a majority of the ear. Obviously, the upper half of the ear is the most important in terms of coverage. But keeping the lower segment of the ear stable in position is also key if I performed reduction of the earlobe. Make sure the bandage is not causing any friction along the ear as you sleep.

As an alternative, we have had patients wear a knit cap while sleeping as long as it is carefully pulled down and over the ears.

This protective bandage should be worn for upwards of 3 months after surgery to help minimize any chance of mechanical trauma to the ear.





# HEAR WHAT PAST PATIENTS HAVE SAID ABOUT THEIR EXPERIENCE

Click below to hear his testimonial



"It wasn't uncomfortable or anything... I love it... It was a huge insecurity of mine... I hated wearing hats. I had pointy-like ears... Now they are like normal ears! I can wear hats. I love my side profile now... Thank you doctor!" - Manny



# TALE OF AN ENGLISH MAN

## Crossing the pond for smaller, designer ears

This patient is a physician from England who found Dr. Hilinski online after conducting his own extensive research into surgical correction for large ears. He was particularly concerned about the size of his ears in light of the fact he maintains such a short hair style.

When you look at his ears you can readily appreciate how they do indeed appear quite prominent from scapha enlargement.

Fortunately for this patient, he subsequently did the appropriate research online and discovered Dr. Hilinski all the way across the pond! Once he consulted with our team and realized what he truly needed, arrangements were made for him to fly to San Diego for his new, smaller designer ears.

Check out his amazing results shown here. Note he's wearing a surgeon's cap during his telehealth follow-up from England!





# CHAPTER SEVEN

Surgical results





# FIND A MORE EXTENSIVE GALLERY

One of the world's largest galleries of ear reduction surgery

We are quite confident that Dr. Hilinski has one of the world's more extensive galleries when it comes to ear reduction surgery.

In fact, we dare patients all the time to find one that is larger. To date, not a single patient has said they found more photo examples performed by another plastic surgeon. None are even close.

The following patient examples represent a wide variety of cases performed by Dr. Hilinski. But this is just a fraction of his incredible experience in making the world smaller one ear at a time. To see our full online gallery, [click here](#).







Classic ear reduction surgery  
(individual results will vary)





Classic ear reduction surgery  
(individual results will vary)





This example shows how the ears can be reduced in terms of vertical height to make them look more proportional  
(individual results will vary)





A classic example of the 'squared ear deformity' that we correct.  
Also note how Dr. Hilinski created a beautiful helical rim contour.  
(individual results will vary)





Her ears were simply too tall. Note they didn't stick out much - just too big in size. Now they are utterly normal after ear reduction.  
(individual results will vary)





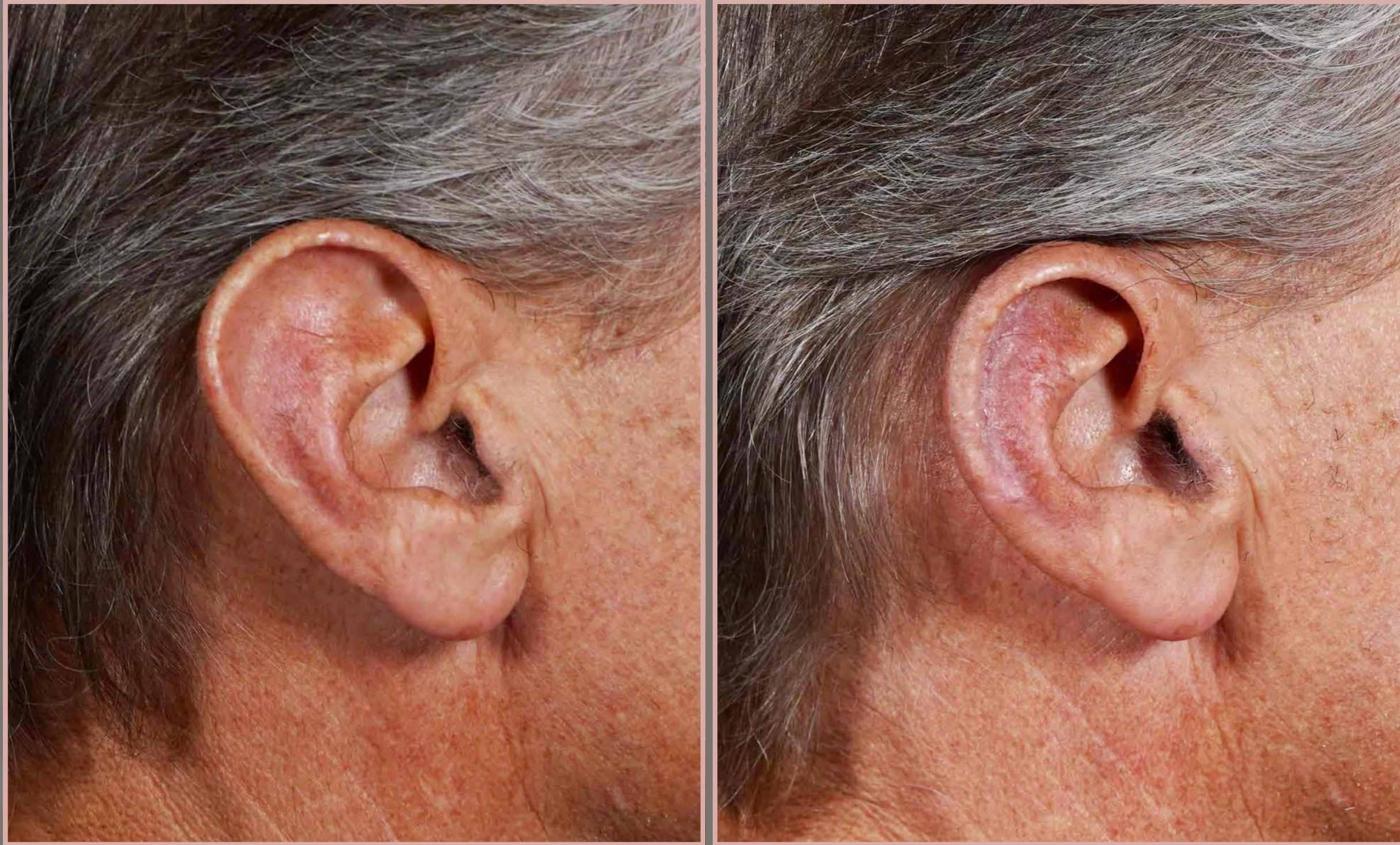
Great example of how ear reduction surgery can move the top part  
of the ear inward and closer to the side of the head.  
(individual results will vary)





Great example of how ear reduction surgery can move the top part of the ear inward and closer to the side of the head.  
(individual results will vary)





Classic ear reduction surgery in a male patient who had a more clam shell type of deformity.  
(individual results will vary)





Scapha ear reduction with earlobe reduction to make things smaller from top to bottom. Note the change in shape too. Of note, he had prior otoplasty by a different plastic surgeon.  
(individual results will vary)





Classic ear reduction surgery performed with marked improvement in the vertical height of his ears.  
(individual results will vary)





Classic ear reduction surgery including earlobe reduction. Patient had prior otoplasty performed by a different plastic surgeon.  
(individual results will vary)





Classic ear reduction surgery. Note the improved helical rim definition. Patient had prior otoplasty performed by a different plastic surgeon.  
(individual results will vary)





Classic ear reduction surgery plus earlobe reduction. Patient had prior otoplasty performed by a different plastic surgeon.  
(individual results will vary)





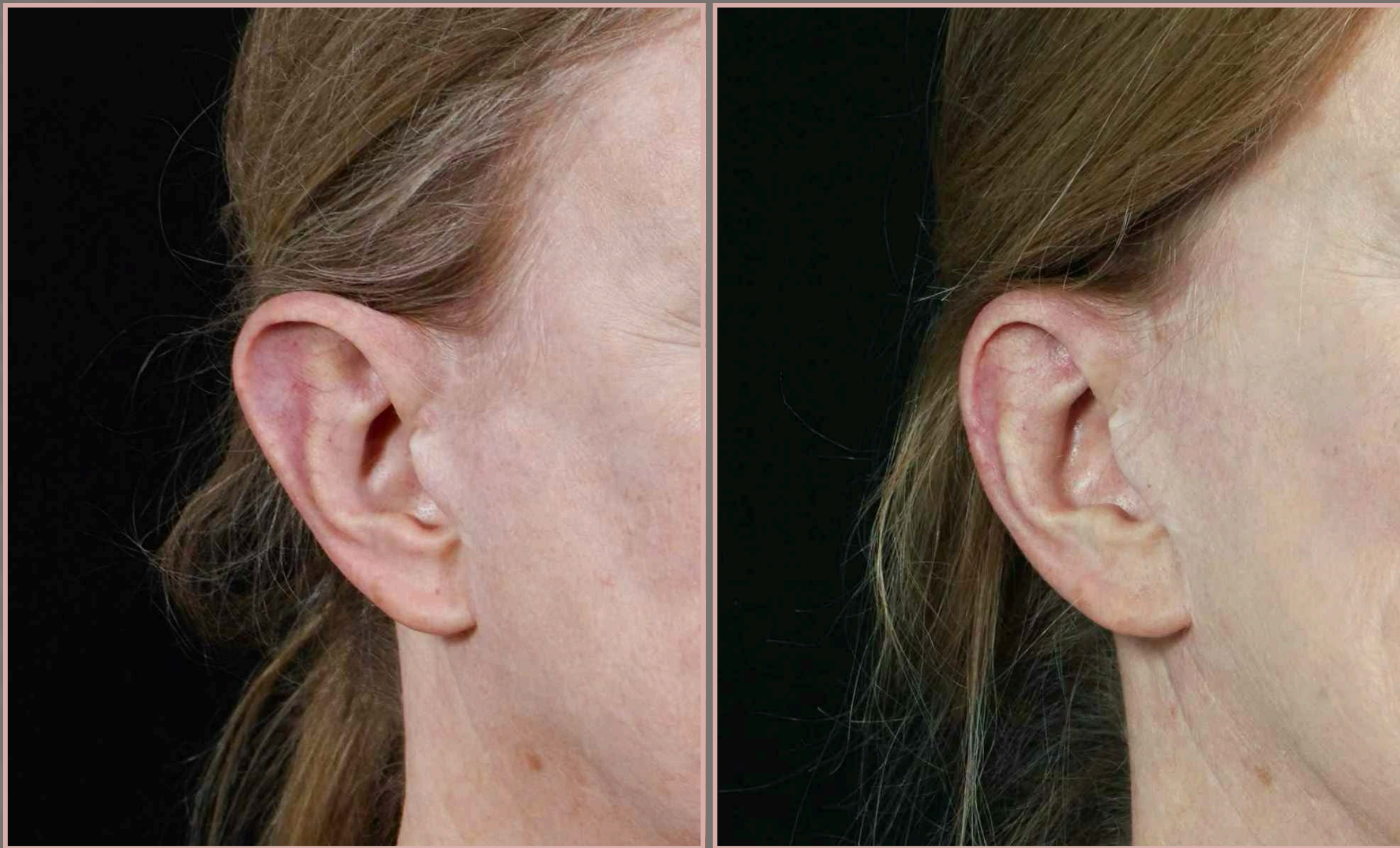
Ear reduction surgery with limited ear pinning at the same time.  
(individual results will vary)





Classic scapha reduction to make the ear look normal.  
(individual results will vary)





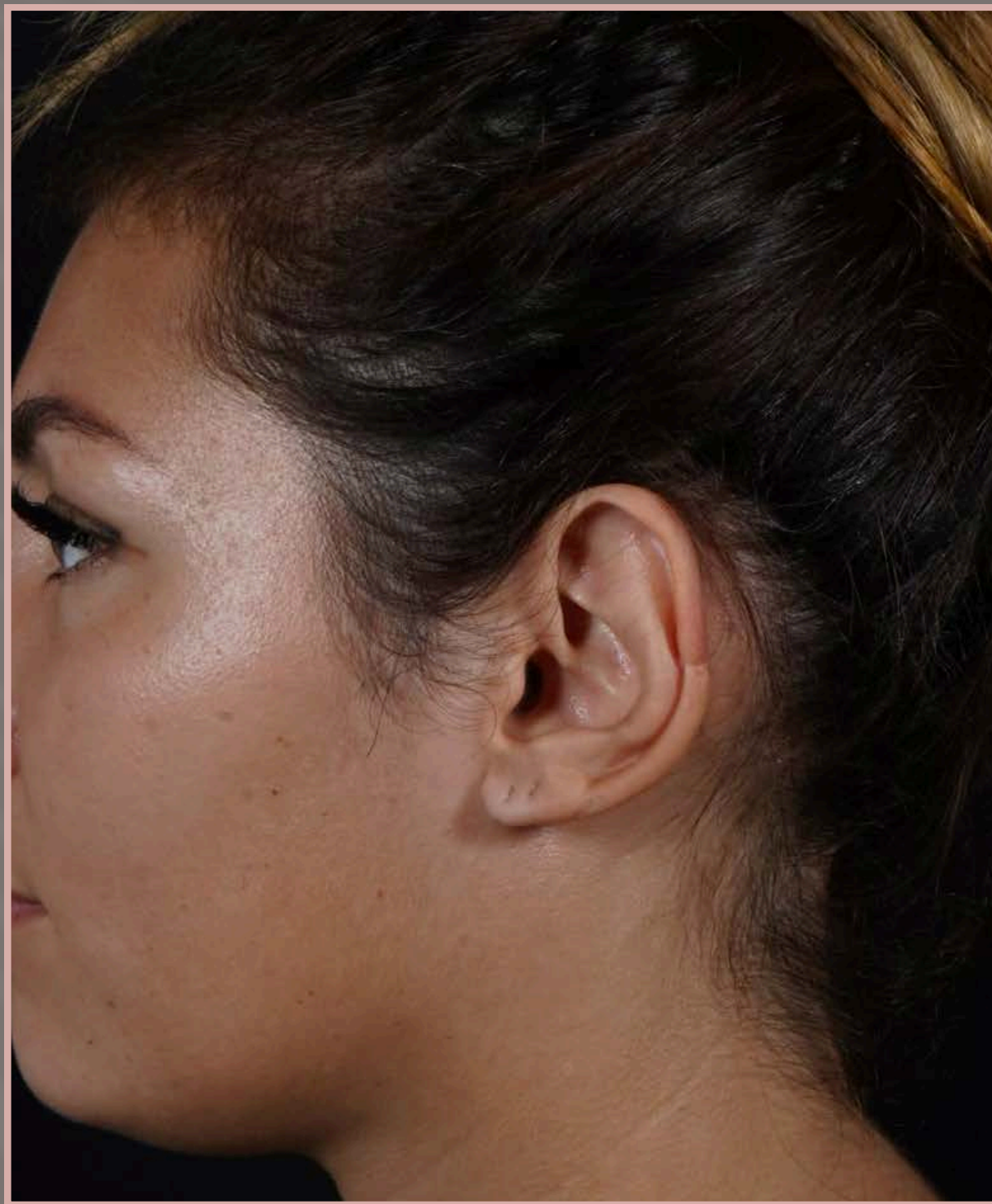
Classic ear reduction.  
(individual results will vary)





Classic ear reduction while creating a more defined helical rim at the same time.  
(individual results will vary)





Revision ear reduction surgery after her surgeon in France  
unsuccessfully attempted the first surgery.  
(individual results will vary)





Ear reduction surgery while creating a more defined helical rim contour.  
(individual results will vary)



# READY FOR SMALLER EARS?

Book your appointment today

We truly hope the information provided here has proved to be helpful in your decision-making process.

If you wish to schedule a personalized consultation with our office and/or you are ready to proceed with scheduling ear reduction surgery, don't hesitate in contacting our office today.

We truly look forward to helping you out in this process.

619-296-3223

[www.drhilinski.com](http://www.drhilinski.com)

[www.macrotiasurgery.com](http://www.macrotiasurgery.com)