



John Hilinski M.D.
PLASTIC SURGERY

A PATIENT'S GUIDE

Ear Reduction Surgery

*One of the world's foremost authorities
in macrotia ear reduction*

DRHILINSKI.COM · MACROTIASURGERY.COM
SAN DIEGO · CALIFORNIA

Actual patient of Dr. Hilinski

WELCOME

A New Era in Cosmetic Ear Surgery

After years of performing cosmetic ear pinning, or otoplasty, I began seeing more and more patients who were bothered by the fact their ears were simply too large in size — a condition called macrotia. Otoplasty alone could not help them. So 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 patients' ears on a routine basis.

I prepared this guide to give you as much knowledge as possible about macrotia and ear reduction surgery — the consultation process, realistic expectations, and actual outcomes from my own patients.

John Hilinski, M.D.

FACIAL PLASTIC & RECONSTRUCTIVE
SURGERY



JOHN HILINSKI, M.D.
FACIAL PLASTIC SURGERY



THE EXPERT

A World Authority in Smaller, Designer Ears

Most patients discover us online after researching the surgical correction of large ears — and soon find macrotiasurgery.com, our microsite devoted entirely to this procedure. You can search the internet all you want, but there is simply no other resource quite like it.

The reason we can devote an entire practice to treating macrotia is because Dr. Hilinski has unrivaled knowledge and experience with this very niche procedure. That alone is testimony to why it is worth seeing a true expert to create your new, smaller, designer ears.

35–40%

of Dr. Hilinski's macrotia practice is revising prior otoplasty performed elsewhere.

AN INTERNATIONAL REPUTATION

Patients fly to San Diego from around the world

CANADA	AUSTRALIA	ISRAEL	ENGLAND
UNITED ARAB EMIRATES	IRELAND	COLOMBIA	BRAZIL
SERBIA	GERMANY	MEXICO	FRANCE

CREDENTIALS MATTER

A Foundation of Expertise

MEDICAL EDUCATION

Harvard Medical School — Boston, MA

SURGICAL INTERNSHIP

University of California, San Diego Medical Center

RESIDENCY

University of California, San Diego Medical Center

PLASTIC SURGERY FELLOWSHIP

University of Illinois, Chicago Medical Center

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, Medical Board of California · American Academy of Facial Plastic & Reconstructive Surgery



THE CONDITION

Understanding the Large Ear

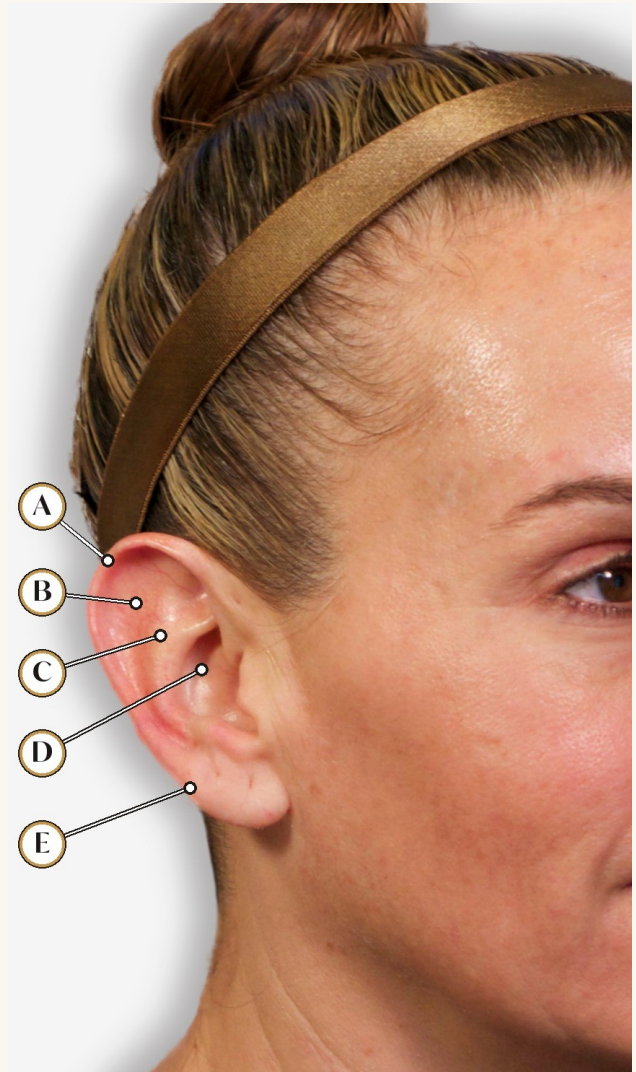
Simply put, macrotia refers to an ear that is too big in size — usually too long from top to bottom. The root of the problem is an overdeveloped *scapha*, the flat area along the top third of the ear, which makes the ear look both too tall and too wide.

55–70 mm

the normal range for ear height

FOCUS ON THE SCAPHA

In macrotia there is simply too much scapha. Reducing it is the heart of the procedure — and in doing so, both the height and the width of the ear come down while the natural curve is restored.



Actual preoperative patient of Dr. Hilinski

EAR ANATOMY

A

Helical rim
Outer border of the ear

B

Scapha
Flat area, top third

C

Antihelix
The central 'fold'

D

Conchal bowl
The cupped center

E

Earlobe
Fleshy lower portion

THE KEY DISTINCTION

Macrotia vs. Ear Pinning

Picture an oversized door swung open into a hallway. *Otoplasty* simply closes the door — it no longer sticks out, but it is still an oversized door. *Ear reduction* actually makes the door smaller, in proper proportion to everything around it.

OTOPLASTY

Ear Pinning

Moves the ear closer to the head. The ear is repositioned — but its size is unchanged. Large ears remain large, just flatter against the head.

EAR REDUCTION

Macrotia Surgery

Removes excess scapha to make the ear genuinely smaller in height and width — while restoring the natural curve. The top often moves inward too.

Nearly **1 in 3** macrotia patients we see were first told their only option was ear pinning — and remained unhappy until ear reduction.

Most plastic surgeons don't even realize ears can be made smaller. That is why a large portion of Dr. Hilinski's practice involves revising prior otoplasty.

THE PROCEDURE

Reduction, With or Without Pinning

Many patients ask whether they also need otoplasty — ear pinning. In the great majority of cases, it simply isn't necessary. One of the advantages of our reduction technique is that the top of the ear naturally moves closer to the head as the ear is made smaller — sometimes even more than classic pinning would achieve on its own.

WHEN BOTH ARE NEEDED

A smaller group of patients have a larger-than-average conchal bowl — the cupped center of the ear — which makes the ear sit too far out. Here Dr. Hilinski reduces the bowl through a hidden incision behind the ear, combining reduction and pinning in a single procedure.



Before & after — note how the ear sits closer to the head and is smaller in size

CANDIDACY

Is Ear Reduction Right for You?

Are you constantly bothered by the size of your ears? Does their shape bother you? Do you wear your hair down to hide them?

If you answered yes, it may be time to consider ear reduction. And it isn't only about size — shape matters too. Many macrotia ears lack their natural curve, showing up as a 'squared' or 'elf' ear; about one-third of cases also need earlobe reduction for balance.

COMMON SHAPE CONCERNS



THE SQUARED EAR

The top of the ear plateaus, then angles down — like the corner of a square.



THE ELF EAR

Vertical scapha enlargement gives a tall, nearly pointed top.

GETTING STARTED

The Consultation Process

Every surgery begins with a personalized consultation with Dr. Hilinski — in person for local patients, or by telehealth for those traveling from a distance.

01

Initial Consult

In person or via telehealth. Call our office to begin.

02

Candidacy Review

Dr. Hilinski determines whether you're a candidate.

03

Schedule Surgery

Reserve your surgical date and prepare with our team.

A SHORTCUT TO THE OPERATING ROOM

A fully virtual consultation — a review of photos of your face and ears — can determine candidacy and shave months off the usual timeline.

TRAVEL TO SAN DIEGO

Our office sits between La Jolla and Del Mar — two of San Diego's most scenic coastal communities — just minutes from the airport and easily reached by car.

SCHEDULE TODAY

**(619) 296-
3223**

drhilinski.com
macrotiasurgery.com

OUR TRAVELING PATIENTS

Planning Your Visit

We're honored to care for patients who fly to San Diego from across the country and around the world. A little planning makes the trip smooth and your recovery comfortable.

STAY CLOSE

Choose a hotel or short-term rental near our office, between La Jolla and Del Mar — minutes from the airport. It makes surgery day and your first follow-up easy.

STOCK UP

You won't feel like going out for the first 2-3 days. Stock your room with food and drink in advance — high-protein meals help your body heal.

FLY HOME WHEN READY

Many patients travel home just 48 hours after surgery, right after their first bandage removal.

AMERICA'S FINEST CITY

San Diego's mild weather year-round makes for easy, pleasant travel. Come a few days early and enjoy La Jolla, Del Mar, and the coast before your procedure.

BEFORE SURGERY

Preparing for Your Surgery

Ear reduction is typically performed while you are awake, under local anesthesia — but it is a true surgical procedure in every sense. Preparing well, physically and emotionally, is one of the keys to a smooth experience and a result you'll love.

Please disclose your full medical history, and avoid blood-thinning and other restricted medications for two weeks before and one week after surgery.

2–3 hrs

Typical length of surgery

Awake

Comfortable local anesthesia

Same Day

Home within minutes of finishing

A WORD ON SYMMETRY

Your ears will always be siblings, not twins.

Every pair of ears differs naturally in size, shape, and position. Even with meticulous technique, perfectly identical ears aren't realistic — and that's perfectly normal.

Wear loose, comfortable clothing that doesn't pull over the head — a button-down shirt is ideal — and arrange a ride home if you'd like an oral sedative beforehand.

AFTERCARE

Your Recovery

Most patients need prescription pain relief for only the first day or two. Expect some swelling and redness early on; full healing takes about a year.



On scarring: incisions sit in well-hidden creases and fade over the first year. We do everything possible to keep them minimal.

A woman with dark, curly hair pulled back, smiling warmly. She is wearing a dark zip-up jacket. The background is a clinical or office setting with a sink and cabinets visible. The entire image has a dark blue overlay.

IN HER WORDS

“

He truly is a master at his craft. He far exceeded my expectations — and I have my confidence back.

ANAÏS · EAR REDUCTION PATIENT

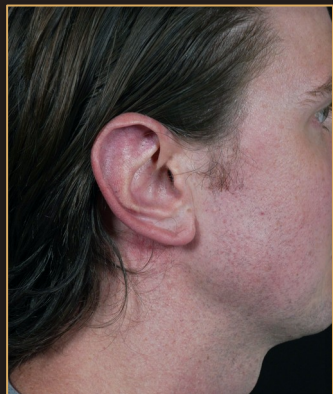
BEFORE & AFTER

Surgical Results

BEFORE (left)

AFTER (right)

INDIVIDUAL RESULTS WILL VARY



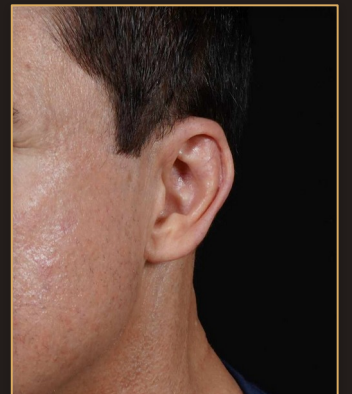
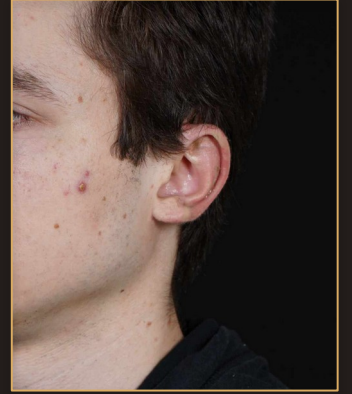
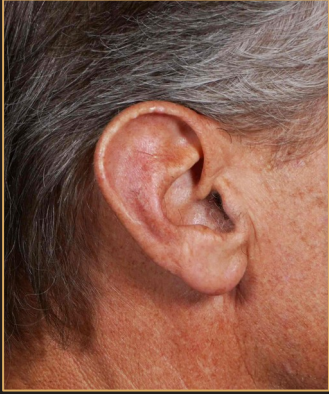
RESULTS GALLERY

Surgical Results *continued*

BEFORE (left)

AFTER (right)

INDIVIDUAL RESULTS WILL VARY



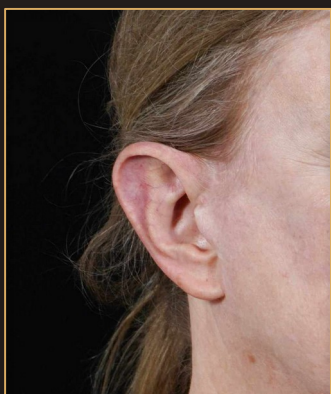
RESULTS GALLERY

Surgical Results *continued*

BEFORE (left)

AFTER (right)

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RESULTS GALLERY

Surgical Results *continued*

BEFORE (left)

AFTER (right)

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This is only a selection of Dr. Hilinski's work.

Explore the complete gallery at macrotriasurgery.com



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Ready for Smaller Ears?

Book your appointment today

We hope this guide has helped in your decision-making. To schedule a personalized consultation — or to proceed with surgery — please contact our office today.



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@smallerears @drhilinski