

# Nuffield Health

## “When my ears ruled my life”



**Mr Marc Pacifico -  
Consultant Plastic Surgeon**

Simon had his operation under a general anaesthetic (with him asleep) but was able to leave hospital on the day of surgery. Surgery can also be done under a local anaesthetic, which is what Michelle, a mother of two did: “once I left school and the mickey-taking stopped, I didn’t feel the need to have any surgery on my ears. In fact, it was only after the birth of my first child that I realised how important an issue this still was. I desperately wanted to go to baby swimming classes but all those dreadful feelings of self-consciousness from childhood returned with the thought of my ears sticking through my wet hair.

Michelle made an appointment to see Mr Pacifico, at the Nuffield, Tunbridge Wells Hospital, to discuss having her ears set back. “Mr Pacifico



Simon, now 23, is a young professional, who exudes confidence, dressing sharply with close-cropped hair. However, he was not always like this: “up until I was 19, I was shy and introverted, wearing my hair long, so it would cover my ears, that used to stick out hugely.” It was Simon’s self-consciousness about his ears that resulted in his low self-esteem and lack of self-confidence. “Eventually, my parents encouraged me to see a plastic surgeon.”

Consultant Plastic Surgeon, Mr Marc Pacifico, explains: “Correcting prominent ears, or otoplasty, is not just a case of tightening the skin behind the ears. The reason for ears to stick out is due to a malformation of the underlying rubbery cartilage skeleton of the ears. Therefore, to provide a natural looking and long-lasting correction, it is necessary to reshape the ear cartilage, and once into a normal shape, the ears are naturally set back.”

explained the procedure to me and I felt confident to go ahead.”

“I’ve never looked back,” says Michelle, “I now go swimming regularly with both my young children without giving my ears a thought. They look so natural, no one would ever imagine they looked any different in the past”.

For most of us who have not had prominent ears, it can be hard to appreciate what an issue the appearance of ears can be in everyday life. Avoidance behaviours become commonplace, such as getting out of the way when anyone pulls out a camera, wearing long hair and even trying not to look at people face on.

“Correcting prominent ears is a very satisfying operation,” says Mr Pacifico. “It is very rewarding to see the change in confidence of someone following their operation. A subtle tell-tale sign of their new found confidence can be when men

come in for their follow-up appointment with a short haircut and women come in with a ponytail – something neither would have dreamt of prior to their surgery”.

**For more information on the correction of prominent ears, please contact Mr Marc Pacifico at the Nuffield Health Tunbridge Wells Hospital on 01892 619 635 01892 552 932**

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**Nuffield Health Tunbridge Wells Hospital is holding FREE cosmetic surgery information events on Wednesday 13th June at 7pm and Thursday 12th July at 7pm. Following the meeting you will have an opportunity to have a confidential five minute consultation with the consultant. To reserve your place at the meeting please call 01892 552932.**

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