

this issue

Let us answer some questions you may have

- **The best age for a child to have their ears pinned back.**
- **Will a breast reduction help with neck and back pain?**
- **Skin Cancer Workshop reminder.**

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Warrnambool Plastic & Reconstructive Surgery

What is the best age for my child to have their ears pinned back?

Prominent ear (Bat ears) are a common cause of bullying in schools and great distress to children.

The etiology of prominent ears is still yet to be fully determined. It is thought to occur around 8 weeks in utero secondary to the ears being pushed forward in the uterus.

Anatomically there are three reasons that ears are prominent:

- Failure of the anti-helical fold to develop.
- Increased angle between the conchal bowl and mastoid.
- Increased depth of the conchal bowl.

When assessing ears it is these three factors that determine how best to correct the deformity and obtain a more aesthetic appearance.

The best age to perform an **otoplasty** (set back ears) is determined by two factors:

- When the child is concerned about the appearance of the ears or is being bullied at school. Parents not liking the appearance is not an indication as children will not be compliant post operatively in this setting.
- When the child is old enough to understand to leave the dressing on for 10 days.

Taking this in to account it is usually around age 5 that child get the best result.

www.wprs.net.au

Telephone:
(03) 5562 5330

I get significant neck and back pain from my breasts. Will a breast reduction help?

Large breasts have been proven to cause significant discomfort for women. Symptoms suffered include back and neck pain, shoulder grooving from bra, discomfort from exercise, and rash beneath the breast.

Studies have shown that in the correctly selected patient, back and neck pain improves or resolves in 90% of women. So a breast reduction does provide significant symptomatic relief.

So who is suitable for a breast reduction?

- Large breasted women who are suffering from symptoms.
- Women whose BMI <35 preferably BMI <30. Operating on patients with a BMI higher than this has significantly higher complication rates and would only be considered in exceptional circumstances.
- Women who have finished developing. Performing a breast reduction in teenagers again would only be considered in exceptional circumstances.
- Women whose weight is stable. Sudden fluctuations in weight will affect the outcome long term

Studies have also shown that breast-feeding is unaffected by breast reduction. It is however my policy to wait till after children if possible.

Breast reduction is an important operation that improves the lives of many women. Unfortunately due to pressures on waiting lists in the public hospitals in Melbourne, Warrnambool and other country areas, no plastic surgery units are offering this as a public procedure.

At WPRS we are committed to helping these women and are happy to see them and explain what is involved in having this procedure performed in private.

**** JUST A REMINDER ****

UPCOMING WORKSHOP

Advances in the Management of Skin Cancer

**Monday 8th October 2012
St John of God Function Room
5:30 - 7:30 pm**

Places still available, so please call 5562 5330 ..ASAP to register