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## Silicone sandwich technique for pinna seroma and heamatoma

There are various techniques described for treating seroma and heamatoma of the pinna. The main aim of all these techniques is to prevent re-accumulation of blood or serous fluids, thus preventing deformity of the pinna. Many of these techniques require injection of local anaesthetic or even theatre. We describe a technique that involves aspiration of the fluid then applying silicone paste on both sides of the pinna which hardens within a few minutes, forming a “sandwich”. Patients are advised to keep this mould in place for 2 weeks.

Patients presenting to our emergency department or referred from general practice with a fluctuant swelling of the pinna were included. Patients with a suspected or confirmed infection were excluded.

Under aseptic precautions, the pinna collection is aspirated with a wide bore needle from the posterior aspect, piercing skin, perichondrium and cartilage, to prevent any scar anteriorly.

The needle creates a small window in the cartilage which helps drain the fluid posteriorly. A total of 8 patients with pinna haematoma or seroma were managed with the silicone sandwich technique. Of those, 2 patients had recurrence of the swelling within 1 week; this resolved following application of another silicone mould. None of the patients had new ear deformity after proper application of the mould.

The silicone sandwich technique is a safe and effective method for managing pinna haematoma and seroma, with many advantages over the traditional techniques.

### Keywords

ENT, otology, pinna hematoma, seroma

### Biography

Sarah Mortaja is affiliated with the ENT Department at the Countess of Chester Hospital in Chester, UK. She is actively involved in clinical practice and contributes to patient care across a range of otolaryngology services. With a growing interest in advancing ENT diagnostics and treatment approaches, she continues to build her expertise through ongoing clinical work, research participation, and professional development. Sarah is committed to enhancing patient outcomes and supporting multidisciplinary collaboration within the department.