

Did you know...

that APSA also do these procedures:

- Breast Reductions
- Breast Enlargements
- Breast Reconstruction
- Abdominoplasty (tummy tuck)
- Upper Eyelid Reduction
- Rhinoplasty (nose correction)
- Full and Mini Face Lift
- Brow Lift
- Otoplasty (ear correction)
- Liposuction
- Scar Revision
- Hand Surgery
- Carpal Tunnel Release
- Tattoo Removal
- Thread Lift
- Laser Resurfacing
- Profractional Laser Therapy
- Ultrapulse Laser Therapy
- Chemical Peels
- Dermal Fillers
- Anti Wrinkle Injections
- Fat Transfer

At Medical Lasers

(located on the ground floor)

- Skin Rejuvenation
- Hair Removal
- Acne Treatments

ADELAIDE PLASTIC SURGERY

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Phone 08 82131800

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Adelaide
Plastic Surgery
Associates

Grafts

DISCHARGE INFORMATION

Dr T Moore Dr A Porter
Dr T Edwards Dr P Sylaidis
Dr N Marshall Dr D Molony
Dr B Carney Dr S Neuhaus

BLEEDING

If the area bleeds sit down and elevate the area.

Apply firm pressure over the area for 20 - 25 minutes.

If bleeding does not stop please call and speak to one of the nursing staff on 8213 1800 9.00am to 5.00pm Monday to Friday or seek medical attention.

PAIN OR DISCOMFORT

Take Panadol or Panadiene 4 hourly (if you are not allergic to these, with a maximum of 8 tablets in 24 hours).

Aspirin based analgesics should **not** be taken before or immediately after surgery.

If the pain worsens over the first few days please phone and speak to one of our nursing staff.

WOUND CARE

Some patients will have steristrips applied. Leave in place until they fall off. You may shower with tapes on and pat dry with towel. If tapes fall off leave wound open, wash daily and pat dry.

White tape (hypafix) is sometimes applied over stitches. Leave in place for as long as possible. You may shower with this dressing on. Pat dressing dry with towel or blow dry with cool hair drier setting. If the dressing comes off before your next appointment, and you have not been given any replacement tape, you may leave your wound open.

SCAR MANAGEMENT

There are a number of different ways to reduce the scar tissue caused by surgery or injury.

All of these options commence after your sutures have been removed, the wound has healed (free of any clot or scabbing) and in consultation with your doctor.

At APSA we recommend:

- Vitamin E Oil and gentle massage
- Moisturiser and gentle massage
- Silicone Gel
- Silicone Gel sheeting

Ask your doctor which treatment would suit you the best.

ANY CONCERNS OR QUESTIONS

Please phone 8213 1800 and ask to speak to our nursing staff. Monday to Friday 9.00am to 5.00pm.

IN CASE OF AN EMERGENCY

Your surgeon can be contacted on 8213 1800.