

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

Level 4, 18 North Terrace
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Phone 08 82131800

www.apsa.com.au



Adelaide
Plastic Surgery
Associates

Simple Excisions Flap Repairs

DISCHARGE INFORMATION

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

How to care for your wound

BLEEDING

If the area bleeds:

- Sit down and elevate the area
- Apply firm pressure over the area for 20-25 minutes.
- Ice packs can be applied to assist in controlling the bleeding
- If bleeding does not stop please call and speak to one of the nursing staff on 82131800 Monday to Friday 9.00am to 5.00pm or seek medical attention.

WOUND CARE

You will often have steri strips or hypafix applied. Please leave these in place until they fall off. You can shower with the tapes on and pat them dry with a towel. If the tapes fall off, leave the wound open, wash daily and pat dry.

If you are unsure as to what type of dressing you have, please call and ask one of our nursing staff.

PAIN OR DISCOMFORT

If you are experiencing pain or discomfort take Panadol or Panadiene 4 hourly (as long as you are not allergic to these) with a maximum of 8 tablets in 24 hours.

Aspirin based analgesia should not be taken before or immediately after surgery as this can increase the tendency for you to bleed.

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

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

At your follow up appointment ask your doctor which treatment would suit you the best.

ANY CONCERNS OR QUESTIONS

Please phone 82131800 and ask to speak to our nursing staff. Monday to Friday 9.00am to 5.00pm.

IN CASE OF AN EMERGENCY

Your surgeon or the on call surgeon can be contacted on 82131800, at any time.