

Did you know...

that APSA also do these procedures:

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

At Medical Lasers

(located on the ground floor)

- Skin Rejuvenation
- Hair Removal
- Acne Treatments

ADELAIDE PLASTIC SURGERY

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Phone 08 82131800

www.apsa.com.au



Adelaide
Plastic Surgery
Associates

Otoplasty

DISCHARGE INFORMATION

Dr T Moore Dr A Porter
Dr T Edwards Dr P Sylaidis
Dr N Marshall Dr D Molony

RECOVERY

After your surgery you may have a bulky bandage covering your ears. This will remain in place up to 10 days.

BLEEDING

If the area bleeds:

- Sit down and rest.
- 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 9.00 - 5.00 Monday to Friday on 82131800. If your bleeding occurs outside of these hours please seek medical attention.

PAIN OR DISCOMFORT

Pain and discomfort are expected in the first few days. Gradually pain and discomfort should resolve after the first week.

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 pain relief 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.

CARE AT HOME

After the bandage is removed your ears may be tender, bruised and swollen.

Unevenness is common and usually resolves with time. Several weeks may pass before the final shape and contour are evident.

We suggest avoiding activities that might bend or hurt the ears, such as contact sports.

Most adults can return to work as soon as the bandage is removed.

Children can return to school after seven days, but must be careful in the playground.

The surgeon may suggest wearing a headband at night to protect the shape of the ears.

Sleeping with your head elevated on two pillows may reduce swelling.

Avoid wearing earrings for several weeks after surgery. Swelling may make it difficult to insert or remove earrings. Infection is also a risk.

Your surgeon will recommend when to resume normal activities and arrange follow-up appointments.

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.