

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
Adelaide SA 5000

Phone 08 82131800

www.apsa.com.au



Adelaide
Plastic Surgery
Associates

Abdominoplasty

DISCHARGE INFORMATION

Dr T Moore Dr A Porter
Dr T Edwards Dr D Molony
Dr N Marshall Dr B Carney

RECOVERY

Immediately after your Operation you will be transferred into the recovery area where you will stay until you wake up.

The nursing staff will observe you and make sure you are recovering well. You may be ready to go home in a few hours or you may stay overnight.

BLEEDING

If the area bleeds:

- Lie 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 9.00am to 5.00pm Monday to Friday on 8213 1800.

If your bleeding occurs outside of these hours please seek medical attention.

PAIN OR DISCOMFORT

Discomfort and pain immediately after your operation is normal, and your doctor will prescribe a pain reliever. Do not drive while you are taking prescription pain reliever or sedatives.

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

It is usual to have some numbness of the skin especially in the lower central tummy area, and the abdomen will feel swollen and tender.

You may be required to wear your support garment day and night for 6 weeks from the day of your surgery. The garment helps control the bruising and swelling, gives support and helps reduce your pain.

Patients often purchase 2 garments, to allow one to be laundered while the other is worn.

You can shower over your wounds leaving the tape intact. Pat dry the tape or blow dry with a hairdryer on a cool setting. If the tapes come off before your next appointment leave your wound open. Do not swim or have a bath.

A plastic tube may be inserted near your wound to drain off excess fluid. This remains in place until the drainage is minimal and is removed by the nurse, usually a day or 2 after your surgery. Your sutures will be removed on day 10 - 14 or you may have absorbable sutures.

Strenuous activities should be restricted for at least 4 weeks after your surgery. Walking and light exercise can be resumed after 2 weeks. Gentle exercise will assist with healing and make you feel better. Sex can be resumed when you feel comfortable. Your surgeon will instruct you when you can return to work, usually 2 - 3 weeks depending on your job.

If you smoke, quit! Smoking interferes markedly with healing and is a risk factor in cancer.

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 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 or the on call surgeon can be contacted on 8213 1800.