

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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Adelaide
Plastic Surgery
Associates

Breast Augmentation

DISCHARGE INFORMATION

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

If you stay overnight in hospital, you will have your dressings removed and shower the following morning. The nursing staff will fit you with your bra.

If you go home immediately after your surgery we will make an appointment for the following day for you to return to our clinic and be fitted with a bra.

BLEEDING

If the area bleeds lie down.

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 8213 1800 Mon-Fri 9am-5pm or 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 relief or sedatives. Do not take aspirin for at least two weeks after surgery as it can increase the risk of bleeding.

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

CARE AT HOME

You may be required to wear your bra day and night for 6 weeks from the day of your surgery. The bra helps control the bruising and swelling, gives you 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 as usual, leaving the tape intact. Pat the tape dry or blow dry with a hairdryer on a cool setting. If the tape comes off before your next appointment leave your wound open. Do not swim or have a bath.

The scars are usually just a few cms long and sit in or just above the natural crease under your breast. They are located in such a way as to become barely noticeable and they fade with time. Your sutures will be removed on day 10 - 14 or you may have dissolvable sutures.

Strenuous activities should be restricted for at least 4 weeks after your surgery. Walking and light exercise can be resumed after 2 weeks. 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 breast 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

Ask your doctor which treatment would suit you the best.

ANY CONCERNS

Please phone 8213 1800 and ask to speak to our nursing staff Mon-Friday 9am-5pm.

IN CASE OF AN EMERGENCY

Your Surgeon can be contacted on 8213 1800.