

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

Level 4, 18 North Terrace
Adelaide SA 5000

Phone 08 82131800

or

5 Farrell Street

Glenelg South SA 5045

Phone 08 8179 7262

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Adelaide
Plastic Surgery
Associates

Breast Reduction

DISCHARGE INFORMATION

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

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 dressing removed in hospital, and you will 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 you for the following day to return to our clinic and be fitted with a bra.

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 9.00 - 5.00 Monday to Friday on 82131800. 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.

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.

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 support and helps reduce your pain.

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

You can shower over your wounds, 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.

A plastic tube may be inserted into each breast to drain off the excess fluid. They remain in place until the drainage is minimal and are removed by the nurse, usually a day or two after your surgery. Your sutures will be removed on day 10 - 14 or you may have dissolvable sutures.

Strenuous activities should be restricted for at least 4 - 6 weeks after your surgery. Walking and light exercise is okay 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.

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.