

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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Adelaide
Plastic Surgery
Associates

Brow Lift

DISCHARGE INFORMATION

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

WHAT WILL I FEEL FOLLOWING A BROW LIFT?

Initially there will be some swelling and bruising over the forehead, eye and cheek area. The degree of this varies with each person.

The forehead and scalp can feel tight and you may experience headaches for the first few days or weeks.

Temporary numbness and itching of the scalp is normal, as the nerves heal.

WHAT CARE SHOULD I TAKE POST-OPERATIVELY?

Sleep with your head elevated on 2 - 3 pillows to help limit swelling and discomfort.

Avoid straining, bending and lifting during the early post-operative period.

You may shower and wash your hair once the bandages are removed.

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

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.

Asprin 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.

WHEN CAN I RESUME NORMAL ACTIVITIES?

Most people can return to work 2 weeks following surgery.

You may need to use camouflage makeup for a short period of time to disguise any residual bruising. If so, our nursing staff will be able to give you advice and assistance with this.

Strenuous activity and exercise should be avoided for the first month.

Gentle walking is fine after the first few days.

You may apply hair colours/perms once the staples/ screws are removed and the area is fully healed.

WHEN ARE MY SUTURES REMOVED?

You may have staples or screws at the incision sites, which are removed 10 - 14 days after surgery.

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.