

## 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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[www.apsa.com.au](http://www.apsa.com.au)



Adelaide  
Plastic Surgery  
Associates

## Face lift

### DISCHARGE INFORMATION

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

## WHAT WILL I FEEL FOLLOWING A FACE LIFT?

There will be some swelling and bruising over the face and neck area. The degree of this varies with each person. Sometimes swelling can cause some temporary changes to the symmetry of the face.

Swelling and bruising will often resolve in the first couple of weeks but in some cases may persist for 3 - 4 weeks. You may be required to wear a compression garment to assist with swelling reduction.

Feelings of tightness in face and neck area, headaches and discomfort are all normal in the initial post-operative period.

There will be loss of sensation laterally over the cheeks, which will take weeks to months to return.

## WHAT CARE SHOULD I TAKE POST-OPERATIVELY?

It is imperative that you rest a lot in the first few days.

Avoid straining, bending and lifting in the initial post-operative period.

Sleep with your head elevated on 2 - 3 pillows for several days to help limit swelling.

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

## SUTURE REMOVAL

Some sutures are removed at approximately 7 days after surgery.

The rest of the sutures and/or staples are removed on day 10 - 14.

## WHEN CAN I RESUME NORMAL ACTIVITIES?

Most people can return to work 2 - 3 weeks after 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 all sutures / staples have been removed and the area is fully healed.

## 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 relievers 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.

## 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.