

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

www.apsa.com.au



Adelaide
Plastic Surgery
Associates

Fat Transfer

DISCHARGE INFORMATION

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

POST OPERATIVE CARE

The area that the fat has been injected into can be washed and dried gently. It should NOT be rubbed or massaged for the first 3 days as this could result in a greater dissipation of the fat. Makeup on the area that has been treated should be avoided for the first 24 hours .

BLEEDING

If the area bleeds:

- Sit down and elevate the area.
- 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

If you are experiencing pain or discomfort take Panadol or Panadiene 4 hourly (as long as you are not allergic to these) with a maximum of 8 tablets in 24 hours.

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

A percentage of the fat transferred will be reabsorbed by the body, therefore to achieve a good result it is necessary to over fill the area. This results in obvious swelling for a few weeks and quite possibly some bruising. You will require some down time in terms of work or social commitments until the area has settled.

30% of the fat will disappear in the first 2 - 3 days, another 30 - 40% will disappear in the next few months and about 30% will stay permanently. The procedure may need to be repeated several times until the desired effect is achieved.

DONOR SITE

The site from which the fat was removed will be tender and bruised for several days.

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.