

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

Hand Finger Injuries

DISCHARGE INFORMATION

Dr T Moore Dr A Porter
Dr T Edwards Dr D Molony
Dr N Marshall Dr B Carney

HAND SURGERY INSTRUCTIONS

Bandages must be left intact and kept clean and dry.

Keep your hand elevated, above the level of the heart, to minimize swelling and pain.

Wear a sling, only if instructed to do so.

When sitting, or lying down, elevate arm on several pillows.

Regular simple arm stretches are necessary to prevent stiffness in shoulders and elbows.

When showering ensure that the bandage is kept dry. Place a plastic bag over hand/forearm and ensure it is taped securely.

BLEEDING

If the area bleeds:

- Sit or lie down and elevate the area.
- In the first 24 hours, it is not uncommon for dressings to be stained by bleeding.

If the dressings, however, should become soaked with blood please contact the clinic immediately.

- 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 on 8213 1800 Monday to Friday 9.00am to 5.00pm or seek medical attention.

PAIN OR DISCOMFORT

Take Panadol or Panadiene 4 hourly (if you are not allergic to these, maximum of 8 tablets in 24 hours).

Aspirin based analgesic should not be taken before or immediately after surgery.

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

Ask your doctor which treatment would suit you the best.

ANY CONCERNS OR QUESTIONS

Please phone 8213 1800 and ask to speak to our nursing staff Monday to Friday 9.00am to 5.00pm.

IN CASE OF AN EMERGENCY

Your surgeon can be contacted on 8213 1800.