

## 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

## Injectables

DISCHARGE INFORMATION

# Injectables

- Immediately after treatment you will experience.
  - Mild redness.
  - Slight swelling and tenderness.
  - Occasional bruising.
- Most of the redness and swelling will resolve within the first 24 hours, however people with especially sensitive skins may find that this takes longer and bruising will take several days to resolve.
- Ice packs may be applied to calm the areas. If bruising is present Arnica tablets, cream or spray may help hasten healing.
- Drink regularly throughout the day (approximately 8 glasses).
- It is preferable to wait until the following day to apply make-up, however if makeup is needed a Mineral Makeup is recommended.
- Cleanse and moisturise as normal that evening but delay use of active products such as glycolic acid preparations or Retin A for 2 days as these may irritate injection sites.
- For the first 24 hours AVOID strenuous exercise, alcohol and sun bathing, as these activities will increase surface circulation and may prolong redness and or swelling.
- Avoid exposure to extreme hot or cold temperatures.
- Avoid taking any Aspirin based medications as these may increase swelling.
- For any queries or concerns please phone 82131800.