

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

Liposuction

DISCHARGE INFORMATION

Dr T Moore Dr A Porter

Dr T Edwards Dr D Molony

Dr N Marshall Dr B Carney

Dr P Sylaidis

WHAT WILL I EXPERIENCE FOLLOWING SURGERY?

Swelling & bruising are common following liposuction.

There is often some minor oozing of serous (clear) fluid from the incision sites in the first 24 - 48 hours after surgery.

Feelings of discomfort or stiffness are common in the first few days, but are usually relatively mild in nature.

BLEEDING

If the area bleeds:

- Lie 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

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.

WHAT CARE SHOULD I TAKE POST-OPERATIVELY?

In most cases, you will need to wear a compression garment to help reduce swelling.

The garment is usually worn day and night for six weeks, but occasionally may come off sooner.

You may shower after 24 hours post-operatively. When showering, remove your compression garment. This garment should be laundered as necessary.

Patients often purchase 2 garments, to allow one to be laundered while the other is worn.

SUTURE REMOVAL

If you have sutures they are usually removed at 7-10 days after surgery.

WHEN CAN I RESUME NORMAL ACTIVITIES?

Most people can return to work 1 - 2 weeks following surgery.

Avoid strenuous sport/exercise for 3 - 4 weeks. (This does depend a little on the extent of the liposuction performed).

Gentle walking can be commenced after the first couple of days with a gradual increase in pace and distance.

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, at any time.