

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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Phone 08 82131800

or

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Adelaide
Plastic Surgery
Associates

Rhinoplasty

DISCHARGE INFORMATION

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

RECOVERY

Immediately after your surgery you will be transferred to the recovery room. If you are a day surgery patient you may be ready to go home in a few hours, some patients may stay overnight.

You may have a dull headache and you probably will not be able to breathe through your nose.

BLEEDING

It is common to experience a little bleeding from the nose for the first few days.

If the area bleeds:

- Sit down and rest.
- Apply ice packs over the area for 20 - 25 minutes.
- 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

Your surgeon will prescribe you a pain reliever.

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

Your face may feel swollen and the area around your eyes swollen and bruised. The amount of swelling will increase in the first 2 - 3 days and then begin to subside. Usually by day 10 the bruising and swelling are greatly reduced. Some subtle swelling may remain for several months.

You may find it difficult to breathe, but this will improve as the swelling and bruising go down. Stuffiness may persist for several weeks.

If splints or packing have been placed inside the nose, they are usually removed 1 - 3 days after your surgery. Sutures inside the nose are usually dissolvable and need not be removed. External sutures are removed 4 - 7 days.

All dressings, splints and sutures are usually removed in 1 - 2 weeks. After the splint is removed, glasses can be worn, but they must not exert weight on the healing nose. Contact lenses can be worn as soon as you feel up to it.

The skin of the nose may be numb and sensation will return gradually.

Your surgeon will advise you not to blow your nose for at least 4 weeks. You should avoid activity that increases your blood pressure (jogging, swimming or bending) for 2 - 3 weeks. Take precaution to avoid having your nose hit, rubbed or sun burnt for at least 8 weeks after surgery. Do not clean inside your nose, unless instructed by your Doctor.

Some patients experience feelings of depression after surgery, especially when they see swelling and bruising. This is normal and usually lasts a few days. However, if emotions get worse, tell your surgeon.

If you smoke - quit. Smoking interferes with wound healing.

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.