

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

Upper Eyelid Reduction

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 FEEL FOLLOWING AN UPPER LID EYE LID REDUCTION?

There will be some swelling and bruising around the eyes.

The eyes may feel a little tight, blurry or irritated for several days.

PLEASE NOTE

There will be a long stitch running along the crease of the upper eyelid. A small amount of the stitch will protrude from each end of the wound and may be anchored with a piece of tape. If the tapes fall off please take care not to inadvertently pull the stitch out.

WHAT CARE SHOULD I TAKE POST-OPERATIVELY?

Sleep with your head elevated on 2-3 pillows for several days to limit swelling.

Heavy lifting should be avoided.

Wear sunglasses when outside for the first few days as your eyes may be sensitive to light.

There is usually only mild discomfort associated with this procedure. You may take some Panadol or Panadeine if you experience discomfort.

You may shower and wash your hair. Wash suture line carefully and pat dry.

WHEN ARE MY SUTURES REMOVED?

Your stitches will be removed on day 6-7.

WHEN CAN I RESUME NORMAL ACTIVITIES?

This depends on your work, if your work includes strenuous activity then 10-14 days. If you can wear dark glasses you may work, as you feel able. You may apply eye make up to the area once the suture line is fully healed, usually around 10 days post-op. Avoid strenuous, exercise/sport for the first 2 weeks.

BLEEDING

- If the area bleeds sit down.
- 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 82131800 Monday to Friday 9.00 - 5.00 or seek medical attention.

PAIN OR DISCOMFORT

Take Panadol or Panadeine 4 hourly (if you're not allergic to these, maximum 8 tablets in 24 hours).

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

If pain worsens over the first few days please phone and speak to 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

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

IN CASE OF EMERGENCY

Your Surgeon or the on call surgeon can be contacted on 8213 1800, at any time.