



MINOR SURGICAL PROCEDURES

We look forward to welcoming you to Sole'vita Surgery, our licensed and accredited medical facility.

WHAT TO EXPECT

- 1 PREPARING FOR SURGERY**
- Sign and return Informed Financial Consent to Sole'vita Surgery
 - Start or cease medication as directed
 - Arnica can be taken to reduce bruising
 - Clients on blood thinners given instructions by nursing team
 - Stock up on oral pain relief (paracetamol)
 - Arrange a driver to take you home

- 2 DAY OF SURGERY**
- Arrive on time
 - Bring your Medicare, DVA or Health Fund Card, and payment option (EFTPOS, card, cheque or cash) if applicable
 - Wear front opening, comfortable clothing, plus slip on shoes
 - Wear glasses (not contact lenses)
 - Facility Fee or Excess is payable

- 3 YOUR SURGERY**
- Performed under Local Anaesthetic
 - Prior to discharge you will be offered a refreshment
 - Post operative management will be discussed
 - Lesion sent to pathology, if applicable
 - Appointment for suture removal is provided
 - Discharged with dressings in place

- 4 REMOVAL OF SUTURES**
- Takes place 5 to 14 days post op
 - Pathology results discussed
 - Surgical fee is payable

- 5 POST SURGERY**
- Claim Medicare/ Health Fund rebate
 - Receive/ pay Pathology Account
 - Pathology results sent to your nominated GP

IMPORTANT INFORMATION

A quote will be sent to you 3 to 4 weeks prior to your procedure. The quote will include:



SURGICAL FEE

Paid in full at removal of sutures appointment and then claim from Medicare/ Private Health Fund Gap payment payable by patient prior to surgery



HOSPITAL FEE

Payable prior to surgery Claimable with Private Health Fund (excess applies) Facility Fee Payable if No Health Fund



PATHOLOGY FEE

Paid directly to the pathology lab Claimable on Medicare (\$50 gap)

If applicable prior to your surgery, we strongly recommend you contact your private health fund and confirm your eligibility (see Item Numbers listed on your Estimate) and any excess or co-payment that may be payable prior to your admission.

For further information on your Minor Surgical Procedure, including other preparations and wound care, please go to www.capsclinic.com.au/solevita/minor-surgical-procedures/

AFTER YOUR PROCEDURE

DRESSINGS & WOUND CARE

Our surgeon will choose the most appropriate method of repairing the area where the lesion has been removed, which also determines the dressing used and wound care.

You will receive an information sheet on dressings and wound care on the day of your procedure, or you can find the information on our website at www.capsclinic.com.au/solevita/minor-surgical-procedures/

PAIN RELIEF

Following your day surgery you may experience mild discomfort and pain. It generally settles within 24 to 48 hours.

Your pain is best relieved by an oral pain killer, such as paracetamol (Panadol). We do not recommend aspirin, ibuprofen (Nurofen) or other non-steroidal anti-inflammatories for 2 days post procedure.

REST

It is advisable to rest quietly and not to undertake any form of physical or strenuous activity for 48 hours after your procedure.

RESUMING YOUR MEDICATIONS

If you have stopped taking any medication prior to the procedure, you will be advised on the day of your procedure when you can resume these.

BRUISING & SWELLING

You can expect some bruising and swelling for the first few days following surgery. It is not uncommon following surgery to the scalp, brow, nose and eye areas to have a lot of swelling and bruising around and under the eyes. Do not be alarmed, over the next 5 to 7 days the swelling and bruising will begin to subside and the area will soften and assume a more natural shape.

Arnica cream (found at the pharmacy or health food stores) can help.

Ice packs applied to the face can also be quite soothing and help reduce swelling.

Sleeping with your head elevated can reduce the swelling associated with facial surgery.

BLEEDING

If the wound bleeds or seeps, with clean hands and a clean tissue, **apply firm pressure to the area and bleeding should stop in ten to twenty minutes.**

If it does not stop or you are concerned, please call Sole'vita Surgery on (02) 6282 1153.

Should you have any concerns outside of clinic hours, we recommend you go to your local GP, Walk In Centre or Emergency Department.

YOUR RIGHTS & RESPONSIBILITIES

- At all times, patients have the right to a high standard of quality care, to be treated with respect, dignity and without discrimination.
- Our facility is committed to the provision of high ethical and moral standards and complies with all applicable laws and regulations.
- All patients must at all times provide full disclosure of their health, be courteous, respectful and considerate of staff and other patients and their privacy.
- All information is respected and treated as confidential and may be disclosed to those health care professionals involved in your treatment.
- Whilst every effort is made to ensure our financial estimates are accurate, additional costs may occur, for which the patient is responsible.

For further information regarding Sole'vita Surgery Policies, please refer to our website www.solevita.com.au

LOCATION

Your procedure is booked to take place at our private hospital, Sole'vita Surgery. Solevita Surgery is a part of the CAPS Clinic, located on the Ground Floor at 7 Phipps Close in Deakin, Canberra.

Parking is available on site to the rear of the building.

CONTACT

Phone (02) 6282 1153
Facsimile (02) 6281 0377
Email svhospital@capsclinic.com.au
Mail PO Box 332 Deakin West ACT 2600
Website www.solevita.com.au

We are open 8.00am – 5.00pm Monday to Friday.

Please note that Sole'vita Surgery is a NON-SMOKING facility. Smoking is not permitted in the hospital or the hospital grounds.



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Dr Alastair Taylor (Bachelor of Medicine, Bachelor of Surgery | Fellow of the Royal Australasian College of Surgeons | MED0001401767)
Specialist Plastic and Reconstructive Surgeon



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TREATMENTS

Non-surgical skin and body rejuvenation, fat reduction, laser and light treatments