

Frequently Asked Questions

When can I see Dr Merten for a consultation?

Dr Merten consults on Mondays and Wednesdays at his City rooms and twice a month at his Concord rooms.

How long is the consultation?

Your initial consultation will take about 45 minutes and you will be given information sheets to take home. Feel free to bring a friend or spouse with you if you like.

How many consultations do I need prior to surgery?

Generally, 2 consultations are recommended so we can provide you with as much information as you need prior to surgery.

Do I need a referral?

A referral from your GP is preferred as this provides us with your medical history. Some procedures are eligible for rebates, and your consultation may be partly rebateable from Medicare if you have a referral from your GP.

Can I see pictures of Dr Merten's and Dr Rome's previous work?

Yes, your surgeon will be more than happy to show you before and after photos of his previous work during your consultation.

Will health insurance cover some costs?

If a procedure is recognised under Medicare, you may be able to claim a rebate for the procedure and hospital fee from your health insurance provider. Please check your level of cover.

Are there any pre-operative instructions?

We will provide you with an information sheet to prepare for your procedure. There are a number of medications you should not take 2 weeks prior to surgery and 1 week after surgery. These are aspirin-containing medications, which interferes with blood

clotting. Also, you must not eat or drink 6 hours prior to surgery.

I am a smoker. Do I need to stop smoking and if so, how long?

For your general health and wellbeing and to improve wound healing, patients are required to stop smoking at least 6 weeks before surgery and continue this for as long as possible after surgery. If you are unable to stop smoking, please use patches or gum.

Do I need a pre-operative assessment?

In some circumstances, you will need a pre-operative assessment with a public hospital or with our specialist anaesthetist. Pure Aesthetics will advise you if you require this.

When can I be discharged?

Depending on the procedure, your hospital stay may be day-only or overnight. Your surgeon will advise your estimated date of discharge.

When is my first post-op visit?

Usually within 1 week after your procedure

Are there any fees associated with my post-op visits?

Most post-operative visits are included as part of the surgical fees. However, in some circumstances you will have to pay for post-operative visits. Please check with our staff.

How much pain can I expect?

Depending on your procedure, mild to moderate discomfort is expected. If required, your surgeon will prescribe pain killers for you to take home.

When can I shower? (Can I get the dressings wet?)

In most cases you can shower after your procedure, as long as you are feeling ok to do so. Most dressings are semi-waterproof and you can shower

Frequently Asked Questions (Cont'd)

and pat dry. Your surgeon will advise you if you need to keep the dressings dry. In this case, a sponge wash is fine.

When can I drive?

You must be able to move comfortably, not taking strong pain killers, and be able to see clearly. This is usually at least 3-7 days after your procedure. When can I exercise or resume my gym activities? Depending on the procedure, this may be at least 2 weeks.

Are there any restrictions to lifting?

Depending on the procedure, you may not be able to endure any heavy lifting for 4 to 6 weeks after your surgery. Dr Merten or Dr Rome will advise you the appropriate length of time depending on your procedure and according to your work and lifestyle.

When can I return to work?

Depending on the procedure, the recovery times may vary. For all hospital procedures, you should not return to work on the same day. Please arrange for a friend or relative to pick you up. Minor surgery is performed as day only and you can return to work the next day. Major surgery may require up to several weeks recovery. If time away from work is required, you will be provided with a medical certificate. Are there any dressings? (Do I have to manage them?) All surgical procedures require at least a skin-coloured paper tape (Micropore™). Some surgical procedures will require more dressings and we will

advise you how to manage your dressings. Please advise your surgeon if you are allergic to any dressings or skin-cleansing solutions (e.g. Betadine™).

Are there any stitches to be removed?

Depending on the procedure, some stitches may need to be removed approximately one week after your surgery. Pure Aesthetics will advise you if this is required.

What will the scars be like?

Dr Merten and Dr Rome are fully qualified Plastic Surgeons and have a comprehensive views of the human body. An extensive range of surgical techniques ensures that your scar is less noticeable and easier to conceal, as well as improving comfort and function.

How long does it take for scars to settle?

Different patients heal differently to others. Scars will initially appear red, and become less pink and noticeable over time. Several months may be needed for your skin to heal thoroughly, but do not be alarmed if it may take longer than expected.

What can I do to minimize the scarring?

We will provide you with an information sheet to care for your incision at home. Your surgeon will also advise you when it is best to apply scar-minimising creams.