

**DR. DARRELL PERKINS**

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**DR. ADRIAN SJARIF**

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Provider No. 255103RF

**AESTHETIC DAY SURGERY**

14 KENSINGTON STREET  
KOGARAH NSW 2217  
TELEPHONE: 9588 5700  
FACSIMILE: 9553 9924

SUITE 3, LEVEL 4  
531 – 533 THE KINGSWAY  
MIRANDA NSW 2228  
TELEPHONE: 9525 8400

AFTER HOURS  
DR. PERKINS: 0408 165 425  
DR. MARUCCI: 0413 123 155  
DR. SJARIF: 0413 828 414

Post Operative Instructions

**SUCTION LIPECTOMY ABDOMEN**

- 1. Please take all medications as directed.
- 2. The abdominal binder dressing may be adjusted for comfort.

Three days after the operation you may temporarily remove the binder and cotton wool. Do not remove the white steri-strips across the wound(s). You can now shower, and after gently drying the area replace the cotton wool and binder. This can now be done on a daily basis until returning to see your doctor.

- 3. Please rest for the first few days after your operation. You may walk around, but do not engage in any strenuous exercise.
- 4. Avoid putting strain on your abdomen as you would in a “sit up”, ie. sitting straight up from lying down. You will need assistance, or roll onto your side and sit up sideways. Similarly, do not lift heavy objects that cause you to strain.

Follow up appointment: .....

at:            Kogarah Rooms            Miranda Rooms

If you have any questions or concerns, please contact us on one of the numbers above.



**COMPRESSION GARMENT CARE INSTRUCTIONS**

use cold/cool  
water only



use gentle  
soap



hand  
wash



do not use  
bleach



do not use  
fabric softener



do not place  
in dryer



do not dry  
clean



do not  
iron

