### DR. DARRELL PERKINS

M.B., B.S.(Hons), B.Med.Sc., F.R.A.C.S. Provider No. 2048605W

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### DR. ADRIAN SJARIF

M.B., B.S.(Hons), B.Sc., M.S., F.R.A.C.S. Provider No. 255103RF AESTHETIC DAY SURGERY

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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

### **WOUND CARE**

- The local anaesthetic will wear off in a few hours. After that you may need some Panadol
- If there is any bleeding from the wound, please apply firm pressure with clean tissues for 10 minutes. Please have a look at the clock to ensure that the pressure is applied for a full 10 minutes. This is normally enough to stop any minor bleeding, however you may need to repeat this. If bleeding persists, please contact us
- If there is excessive redness, irritation, or any signs of possible infection ring our rooms. If you can't contact the rooms call the after hours number above or see your GP
- If your wound is on your arm, leg or head keep the area elevated
- NO swimming and NO heavy exercise for at least 1 week

# Please follow the instructions below as marked:

	Leave dressing/s dry and intact for 2 days. After this time you may remove the outer dressing and get the white steri strip/s lightly wet. Pat dry. Leave the steri strip/s over the wound until you see Dr Perkins.
	Leave the steri strip/s dry for 2 days. After this time you may get the steri strip/s lightly wet. Leave the steri strip/s over the wound until you see Dr. Perkins.
	Leave the Comfeel dressing dry for 2 days. After this time you may get the Comfeel dressing lightly wet. Pat dry. Leave the Comfeel dressing on until you see Dr. Perkins.
	Leave dressing/s dry and intact for days. After this time you may remove the dressing/s and shower. Don't rub the wound vigorously. Pat dry, and you may leave the wound uncovered.
	Leave the wound dry for 24 hours. After this time you may get the wound lightly wet. Apply Vaseline 2 – 3 times a day. Always clean off old Vaseline before reapplying.
	Leave dressing/s dry and intact until seen by Dr. Perkins.
Follow up appointment:	
	at:

