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AFTER HOURS
DR. PERKINS: 0408 165 425
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Post Operative Instructions

SUB-UMBILICAL LIPECTOMY

- 1. Please take all medications as directed
- 2. The abdominal binder dressing may be adjusted for comfort. It is often necessary to undo it and put it on lower down as it tends to ride up.

Three days after the operation you may temporarily remove the binder and cotton wool. Do not remove the plastic dressing 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 5 – 6 days after your operation. You may walk around, but do not engage in any strenuous exercise

Follow up appointment:

at: Kogarah Rooms Miranda Rooms Wollongong Rooms

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

