

# DR DARRELL PERKINS

MBBS (Hons), BMedSc, FRACS

Provider No. 2048605W

DARRELL PERKINS  
ABN 34 797 785 470

KOGARAH  
AESTHETIC DAY SURGERY  
14 KENSINGTON STREET  
KOGARAH NSW 2217  
TELEPHONE: 9587 0871

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

AFTER HOURS: 0408 165 425

## Post Operative Instructions

### ARM LIPECTOMY

1. Please take all medications as directed
2. **DO NOT TAKE ASPIRIN**
3. At the end of the operation a quite firm elasticised garment has been put on, please leave the garment in place for the first three days after the operation.

After three (3) days you can shower, and you may find it more convenient to shower in the garment for the first week. Use a hairdryer to dry the garment this will save you the trouble and discomfort of getting in and out of the garment

When you take the garment off to shower leave the Comfeel dressing on the wounds  
At this time you can also wash the garment. Whilst this is drying it is best to wear firm clothing

4. Please sleep on your back raised on 2 or 3 pillows with your arms supported on pillows
5. Keep your arms supported on pillows whenever sitting and keep your hands slightly elevated to help reduce any swelling
6. Please rest for the first few days after your operation. You may walk around, but do not engage in any strenuous exercise

Follow up appointment: .....

at:  Kogarah Rooms  Miranda Rooms

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

**Please see the reverse for garment care instructions →**



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

