

DR ADRIAN SJARIF

MBBS (Hons), BSc, MS, FRACS

Provider No. 255103RF

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MIRANDA NSW 2228
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WOLLONGONG
354-358 CROWN STREET
WOLLONGONG NSW 2500
TELEPHONE: 9159 0707

AFTER HOURS: 0413 828 414

Post Operative Instructions

ARM LIPECTOMY

1. Please take all medications as directed
2. **DO NOT TAKE ASPIRIN**
3. Keep the dressing dry and intact until you return to see your surgeon
4. Please sleep on your back raised on 2 or 3 pillows with your arms supported on pillows
5. Please rest as much as possible for the first few days after your operation
6. Keep your arms supported on pillows whenever sitting and keep your hands slightly elevated to help reduce any swelling
7. If there is excessive redness or irritation with your wound/s, or signs of infection, or if you develop a fever above 37.5°, please telephone our rooms on the numbers above. If you are unable to contact us at the rooms, please telephone the after hours number instead

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.

