

DR ADRIAN SJARIF

MBBS (Hons), BSc, MS, FRACS

Provider No. 255103RF

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MIRANDA NSW 2228
TELEPHONE: 9525 8400

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

AFTER HOURS: 0413 828 414

Post Operative Instructions

BILATERAL AUGMENTATION MAMMAPLASTY

1. Please take all medications as directed.
2. **DO NOT TAKE ASPIRIN.**
3. Always clean your hands before touching or caring for your wound/s
4. 2 days after the surgery remove your bra and you can shower lightly over the white steri-strips (do not remove the steri-strips). Replace bra after patting area dry.
5. Please sleep on your back rather than on your side as this will be more comfortable.
6. Please restrict your arm movements, and for the first few days try to keep your elbows down at your sides.
7. Please rest for the first few days after your operation.
8. Notify us if there is excessive pain, swelling or bleeding from the breast.
9. 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.

