

# DR ADRIAN SJARIF

MBBS (Hons), BSc, MS, FRACS

Provider No. 255103RF

ADRIAN SJARIF  
ABN 49 939 706 825

KOGARAH  
14 KENSINGTON STREET  
KOGARAH NSW 2217  
TELEPHONE: 9588 5700

MIRANDA  
SUITE 3, LEVEL 4  
531 – 533 THE KINGSWAY  
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

### BREAST REDUCTION

1. Please take all medications as directed
2. **DO NOT TAKE ASPIRIN**
3. Keep the dressing dry and intact, and try not to disturb the drain/s
4. Please sleep on your back raised on 2 or 3 pillows. Do not sleep on your side
5. Do not drive a car, lift anything heavy or raise your arms above your head for the first two weeks. Please restrict your arm movements, and for the first few days try to keep your elbows down at your sides
6. Please rest as much as possible for the first few days after your operation
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
8. **Please bring your crop top with you to your first post-operative visit**

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.

