

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

CORRECTION OF GYNAECOMASTIA

1. Please take all medications as directed.
2. **DO NOT TAKE ASPIRIN or non-steroidal painkillers (e.g. Nurofen) for 3 days post op.**
3. Keep the dressing dry and intact, and keep your binder/garment on for 3 days.
4. Always clean your hands before touching or caring for your wound/s.
5. After 3 days, remove the binder/garment and any gauze, and you may shower. Leave the white steri-strips over the wounds (you can shower over these). Pat dry and put your binder/garment back on immediately.
6. Keep wearing the binder/garment at all times other than showering until otherwise advised by Dr. Sjarif.
7. Please sleep on your back rather than on your side as this will be more comfortable.
8. Please restrict your arm movements for the first few days.
9. Please rest for the first few days after your operation.
10. Notify us if there is excessive pain, swelling, or bleeding from the chest.
11. 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.

