

# DR ADRIAN SJARIF

MBBS (Hons), BSc, MS, FRACS

Provider No. 255103RF

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KOGARAH  
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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

### EYELID REDUCTION

1. Please take all medications as directed.
2. Sleep on 2 or 3 pillows to keep the head elevated. This will reduce swelling.
3. Avoid bending down. Keep your head elevated at all times.
4. Always clean your hands before touching or caring for your wounds.
5. Use cold saline or cold water (boil first then chill) packs frequently to reduce swelling and soothe discomfort.
6. Clean the eyes with a moist cotton bud 3 times a day.
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. **If there is severe pain or visual impairment contact us immediately** – this would be an extremely unlikely occurrence.

For lubrication of the eyes purchase:

**Day:** “Refresh” or “Murine Revital Eyes” or similar eye lubricant

**Night:** “Viscotears Liquid Gel”

*Please take care when applying lubricant to your eyes not to pull on the upper or lower eyelid wounds*

**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.

**Please see the reverse for possible adverse reactions and drug interactions →**

**Medication****Possible Adverse Reaction**

Refresh

Murine Revital Eyes

Stinging and burning

Viscotears Liquid Gel

Mild transient burning, sticky eyelids, blurred vision

If you encounter any adverse reaction/s to any of your medications, cease the medication and contact your Surgeon (refer to the Post Operative Instructions sheet) for further advice.

