

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

FACELIFT

1. 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. Apply ice packs to the face as much as possible for the first 48 hours, e.g. for 20 minutes every 1 – 2 hours
6. REST ONLY. Do no exercise. Keep cool
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. Expect some swelling of the face. A small amount of blood ooze through the bandage can also be expected.

Further instructions will be given when we remove the dressings in two days. Please bring a scarf with you to this appointment

EYELID REDUCTION

9. Use cold saline and cold water (boil first then chill) packs frequently to reduce swelling and soothe discomfort
10. Clean the eyes with a moist cotton bud 3 times a day
11. **If there is severe pain or visual impairment contact us immediately** – this would be an extremely unlikely occurrence.

For lubrication of the eyes (do not purchase until advised by surgeon):

Remove soft contact lenses before using

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

Night: “Viscotears Liquid Gel”

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 →

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.

