

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

HAND OPERATION

1. Keep your hand elevated in a sling, at the level of your shoulder, particularly for the first 2 – 3 days or longer if instructed. It may be removed from the sling but must be kept above the level of your heart to minimise swelling and bruising
2. Take your hand out of the sling several times a day to exercise the elbow and shoulder by raising your arm several times
3. Please report any increasing tingling or progressive loss of sensation in your hand
4. 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.

