

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

RHINOPLASTY

1. Please take all medications as directed
2. **DO NOT TAKE ASPIRIN**
3. Always clean your hands before touching or caring for your wounds
4. Change “dribbler” pad under the nose when it becomes moist with blood. **REMEMBER, YOU HAVE TO BREATHE THROUGH YOUR MOUTH**
5. Lie and sleep with your head elevated on three pillows
6. Apply ice packs to your forehead and eyes regularly, especially for the first 48 hours
7. **Don't** get hot with exercise, hot showers etc. as this may cause bleeding
8. **Don't** blow your nose or sneeze
9. Take your antibiotic tablets as instructed
10. If you have excessive bleeding please let us know
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.

