

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

SUB-UMBILICAL LIPECTOMY

1. Please take all medications as directed
2. Always clean your hands before touching or caring for your wounds
3. The abdominal binder dressing may be adjusted for comfort. It is often necessary to undo it and put it on lower down as it tends to ride up.

Three days after the operation you may temporarily remove the binder and cotton wool. Do not remove the plastic dressing across the wound(s). You can now shower, and after gently drying the area replace the cotton wool and binder. This can now be done on a daily basis until returning to see your doctor

4. Please rest for the first 5 – 6 days after your operation. You may walk around, but do not engage in any strenuous exercise
5. 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.

