

# 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

### SUCTION LIPECTOMY ABDOMEN

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.  
Three days after the operation you may temporarily remove the binder and cotton wool. Do not remove the white steri-strips 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 few days after your operation. You may walk around, but do not engage in any strenuous exercise
5. Avoid putting strain on your abdomen as you would in a “sit up”, i.e. sitting straight up from lying down. You will need assistance, or roll onto your side and sit up sideways. Similarly, do not lift heavy objects that cause you to strain
6. 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.

**Please see over for Garment Care Instructions →**

## COMPRESSION GARMENT CARE INSTRUCTIONS

use cold/cool  
water only



use gentle  
soap



hand  
wash



do not use  
bleach



do not use  
fabric softener



do not place  
in dryer



do not dry  
clean



do not  
iron

