

DR DARRELL PERKINS

MBBS (Hons), BMedSc, FRACS

Provider No. 2048605W

DARRELL PERKINS
ABN 34 797 785 470

KOGARAH
AESTHETIC DAY SURGERY
14 KENSINGTON STREET
KOGARAH NSW 2217
TELEPHONE: 9587 0871

MIRANDA
SUITE 3, LEVEL 4
531 – 533 THE KINGSWAY
MIRANDA NSW 2228
TELEPHONE: 9525 8400

AFTER HOURS: 0408 165 425

Post Operative Instructions

CORRECTION OF GYNAECOMASTIA

1. Please take all medications as directed
2. Always clean your hands before touching or caring for your wounds
3. **DO NOT TAKE ASPIRIN or non-steroidal painkillers (e.g. Nurofen) for 3 days post op**
4. Keep the dressing dry and intact, and keep your garment on for 3 days
5. After 3 days, remove the garment and any gauze, then you may shower. Leave the white steri-strips over the wounds (you can shower over these). Pat dry and put your garment back on immediately
6. Continue wearing the garment at all times other than showering until otherwise advised by Dr. Perkins
7. Please sleep on your back rather than on your side as this will be more comfortable
8. Please restrict your arm movements for the first few days
9. Please rest for the first few days after your operation
10. Notify us if there is excessive pain, swelling, or bleeding from the chest, or any other issue that is concerning you
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

If you have any questions or concerns, please contact us on one of the numbers above.

Please see the reverse 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

