

# 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

### 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. 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 daily 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

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

