

# 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

### SUCTION LIPECTOMY NECK

1. Please take all medications as directed
2. Sleep on 2 or 3 pillows to keep the head elevated. This will reduce swelling
3. Apply ice packs to the neck as much as possible for the first 48 hours
4. REST ONLY. Do no exercise. Keep cool
5. Always clean your hands before touching or caring for your wounds
6. After 3 days you may remove the garment to shower each day. Do not disturb the white tape. After drying your skin, replace the garment and continue to **wear it 24 hours a day** until your next appointment with Dr. Perkins
7. Expect some swelling of the face. A small amount of blood ooze through the bandage can also be expected
8. 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
9. Further instructions will be given when Dr. Perkins removes the dressings. (You can expect to wear the garment at home at night for a further two weeks after the dressings have been removed.)

Follow up appointment: .....

at:  Kogarah Rooms  Miranda Rooms

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

