

Post Operative Instructions

**ARM LIPECTOMY**

1. Please take all medications as directed
2. Always clean your hands before touching or caring for your wounds
3. **DO NOT TAKE ASPIRIN**
4. At the end of the operation a quite firm elasticised garment has been put on. **Please leave the garment in place for the first three (3) days after the operation**

After three (3) days you can shower, and you may find it more convenient to shower in the garment for the first week. Use a hairdryer to dry the garment this will save you the trouble and discomfort of getting in and out of the garment

When you take the garment off to shower leave the Comfeel dressing on the wounds. At this time you can also wash the garment. Whilst this is drying it is best to wear firm clothing

5. Please sleep on your back raised on 2 or 3 pillows with your arms supported on pillows
6. Keep your arms supported on pillows whenever sitting and keep your hands slightly elevated to help reduce any swelling
7. Please rest for the first few days after your operation. You may walk around, but do not engage in any strenuous exercise
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

Follow up appointment: .....

at:  Kogarah 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

