DR PRATIK RASTOGI

MBBS (Hons 1), GDAAD, MS, FRACS

Provider: 448989PB

JPRMS PTY LTD
ABN 13 657 799 712

KOGARAH
AESTHETIC DAY SURGERY
14 KENSINGTON STREET
KOGARAH NSW 2217
TELEPHONE: 9588 5700

AFTER HOURS: 0434 247 950

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 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

