

# 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. **DO NOT TAKE ASPIRIN or non-steroidal painkillers (e.g. Nurofen) for 3 days post op**
3. Keep the dressing dry and intact, and keep your garment on for 3 days
4. 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
5. Continue wearing the garment at all times other than showering until otherwise advised by Dr. Perkins
6. Please sleep on your back rather than on your side as this will be more comfortable
7. Please restrict your arm movements for the first few days
8. Please rest for the first few days after your operation
9. Notify us if there is excessive pain, swelling, or bleeding from the chest, or any other issue that is concerning you

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

