

# 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

### RHINOPLASTY

1. Please take all medications as directed
2. **DO NOT TAKE ASPIRIN**
3. Change “dribbler” pad under the nose when it becomes moist with blood. **REMEMBER, YOU HAVE TO BREATHE THROUGH YOUR MOUTH**
4. Lie and sleep with your head elevated on three pillows
5. Apply ice packs to your forehead and eyes regularly, especially for the first 48 hours
6. **Don’t** get hot with exercise, hot showers etc. as this may cause bleeding
7. **Don’t** blow your nose or sneeze
8. Take your antibiotic tablets as instructed
9. If you have excessive bleeding please let us know

Follow up appointment: .....

at:  Kogarah Rooms  Miranda Rooms

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

