

DR DARRELL PERKINS

MBBS (Hons), BMedSc, FRACS

Provider No. 2048605W

DARRELL PERKINS
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KOGARAH
AESTHETIC DAY SURGERY
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KOGARAH NSW 2217
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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 ABDOMEN

1. Please take all medications as directed
2. The abdominal binder dressing may be adjusted for comfort

Three days after the operation you may temporarily remove the binder. Do not remove the white steri-strips across the wound(s). You can now shower, and after gently drying the area replace the cotton wool and binder. This can now be done daily until returning to see your doctor

3. Please rest for the first few days after your operation. You may walk around, but do not engage in any strenuous exercise
4. Avoid putting strain on your abdomen as you would in a “sit up”, ie. sitting straight up from lying down. You will need assistance or roll onto your side and sit up sideways. Similarly, do not lift heavy objects that cause you to strain

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

