

DR ADRIAN SJARIF

MBBS (Hons), BSc, MS, FRACS

Provider No. 255103RF

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TELEPHONE: 4226 6111

AFTER HOURS: 0413 828 414

Post Operative Instructions

BILATERAL AUGMENTATION MAMMAPLASTY

1. Please take all medications as directed.
2. **DO NOT TAKE ASPIRIN.**
3. 2 days after the surgery remove your bra and you can shower lightly over the white steri-strips (do not remove the steri-strips). Replace bra after patting area dry.
4. Please sleep on your back rather than on your side as this will be more comfortable.
5. Please restrict your arm movements, and for the first few days try to keep your elbows down at your sides.
6. Please rest for the first few days after your operation.
7. Notify us if there is excessive pain, swelling or bleeding from the breast.

Follow up appointment:

at: Kogarah Rooms Miranda Rooms Wollongong Rooms

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

