

DR ADRIAN SJARIF

MBBS (Hons), BSc, MS, FRACS

Provider No. 255103RF

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KOGARAH
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MIRANDA NSW 2228
TELEPHONE: 9525 8400

WOLLONGONG
372 CROWN STREET
WOLLONGONG NSW 2500
TELEPHONE: 4226 6111

AFTER HOURS: 0413 828 414

Post Operative Instructions

BREAST REDUCTION

1. Please take all medications as directed
2. **DO NOT TAKE ASPIRIN**
3. Keep the dressing dry and intact, and try not to disturb the drain/s
4. Please sleep on your back raised on 2 or 3 pillows. Do not sleep on your side
5. Do not drive a car, lift anything heavy or raise your arms above your head for the first two weeks. Please restrict your arm movements, and for the first few days try to keep your elbows down at your sides
6. Please rest as much as possible for the first few days after your operation
7. **Please bring your crop top with you to your first post-operative visit**

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.

