

# DR ADRIAN SJARIF

MBBS (Hons), BSc, MS, FRACS

Provider No. 255103RF

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WOLLONGONG  
372 CROWN STREET  
WOLLONGONG NSW 2500  
TELEPHONE: 4226 6111

AFTER HOURS: 0413 828 414

## Post Operative Instructions

### BREAST SURGERY

1. Please take all medications as directed
2. **DO NOT TAKE ASPIRIN**
3. Keep the dressing dry and intact for 2 days
4. After 2 days remove the bandage but leave the white steri-strips in place. Shower and then pat the steri-strips dry, and put on your crop top
5. Please sleep on your back rather than on your side as this will be more comfortable
6. Please restrict your arm movements, and for the first few days try to keep your elbows down at your sides
7. Please rest for the first few days after your operation
8. 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.

