

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

CORRECTION OF GYNAECOMASTIA

1. Please take all medications as directed.
2. **DO NOT TAKE ASPIRIN or non-steroidal painkillers (e.g. Nurofen) for 3 days post op.**
3. Keep the dressing dry and intact, and keep your binder/garment on for 3 days.
4. After 3 days, remove the binder/garment and any gauze, and you may shower. Leave the white steri-strips over the wounds (you can shower over these). Pat dry and put your binder/garment back on immediately.
5. Keep wearing the binder/garment at all times other than showering until otherwise advised by Dr. Sjarif.
6. If you have a drain, try not to disturb this, and pin to clothing as instructed.
7. Please sleep on your back rather than on your side as this will be more comfortable.
8. Please restrict your arm movements for the first few days.
9. Please rest for the first few days after your operation.
10. Notify us if there is excessive pain, swelling, or bleeding from the chest, or any other issue that is concerning you.

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.

