

# DR ADRIAN SJARIF

MBBS (Hons), BSc, MS, FRACS

Provider No. 255103RF

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AFTER HOURS: 0413 828 414

## Post Operative Instructions

### FACELIFT

1. Please take all medications as directed.
2. Sleep on 2 or 3 pillows to keep the head elevated. This will reduce swelling.
3. Apply ice packs to the face as much as possible for the first 48 hours.
4. REST ONLY. Do no exercise. Keep cool.
5. Bring a scarf with you to your first post-operative appointment.
6. Expect some swelling of the face. A small amount of blood ooze through the bandage can also be expected.

Further instructions will be given when we remove the dressings.

**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.

