

DR ADRIAN SJARIF

MBBS (Hons), BSc, MS, FRACS

Provider No. 255103RF

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MIRANDA NSW 2228
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WOLLONGONG
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TELEPHONE: 4226 6111

AFTER HOURS: 0413 828 414

Post Operative Instructions

HAND OPERATION

1. Keep your hand elevated in a sling, at the level of your shoulder, particularly for the first 2 – 3 days or longer if instructed. It may be removed from the sling but must be kept above the level of your heart to minimise swelling and bruising
2. Take your hand out of the sling several times a day to exercise the elbow and shoulder by raising your arm several times
3. Please report any increasing tingling or progressive loss of sensation in your hand

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.

