

# 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

### RHINOPLASTY

1. Please take all medications as directed
2. **DO NOT TAKE ASPIRIN**
3. Change “dribbler” pad under the nose when it becomes moist with blood. **REMEMBER, YOU HAVE TO BREATHE THROUGH YOUR MOUTH**
4. Lie and sleep with your head elevated on three pillows
5. Apply ice packs to your forehead and eyes regularly, especially for the first 48 hours
6. **Don't** get hot with exercise, hot showers etc. as this may cause bleeding
7. **Don't** blow your nose or sneeze
8. Take your antibiotic tablets as instructed
9. If you have excessive bleeding please let us know

**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.

