

# DR ADRIAN SJARIF

MBBS (Hons), BSc, MS, FRACS

Provider No. 255103RF

ADRIAN SJARIF  
ABN 49 939 706 825

KOGARAH  
14 KENSINGTON STREET  
KOGARAH NSW 2217  
TELEPHONE: 9588 5700

MIRANDA  
SUITE 3, LEVEL 4  
531 – 533 THE KINGSWAY  
MIRANDA NSW 2228  
TELEPHONE: 9525 8400

WOLLONGONG  
372 CROWN STREET  
WOLLONGONG NSW 2500  
TELEPHONE: 4226 6111

AFTER HOURS: 0413 828 414

## Post Operative Instructions

### SUB-UMBILICAL LIPECTOMY

1. Please take all medications as directed
2. The abdominal binder dressing may be adjusted for comfort. It is often necessary to undo it and put it on lower down as it tends to ride up.

Three days after the operation you may temporarily remove the binder and cotton wool. Do not remove the plastic dressing across the wound(s). You can now shower, and after gently drying the area replace the cotton wool and binder. This can now be done on a daily basis until returning to see your doctor

3. Please rest for the first 5 – 6 days after your operation. You may walk around, but do not engage in any strenuous exercise

**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.

