

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

SUCTION LIPECTOMY ABDOMEN

1. Please take all medications as directed
2. The abdominal binder dressing may be adjusted for comfort.
Three days after the operation you may temporarily remove the binder and cotton wool. Do not remove the white steri-strips 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 few days after your operation. You may walk around, but do not engage in any strenuous exercise
4. Avoid putting strain on your abdomen as you would in a “sit up”, ie. sitting straight up from lying down. You will need assistance, or roll onto your side and sit up sideways. Similarly, do not lift heavy objects that cause you to strain

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.

Please see over for Garment Care Instructions →

COMPRESSION GARMENT CARE INSTRUCTIONS

use cold/cool
water only



do not use
fabric softener



use gentle
soap



do not place
in dryer



hand
wash



do not dry
clean



do not use
bleach



do not
iron

