

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 NECK

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 neck as much as possible for the first 48 hours
4. REST ONLY. Do no exercise. Keep cool
5. After 3 days you may remove the garment to shower each day. Do not disturb the white tape. After drying your skin, replace the garment and continue to **wear it 24 hours a day** until your next appointment with Dr. Sjarif
6. Expect some swelling of the face. A small amount of blood ooze through the bandage can also be expected
7. Further instructions will be given when Dr. Sjarif removes the dressings. (You can expect to wear the garment at home at night for a further two weeks after the dressings have been removed.)

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.

