Your Review Schedule

Dr Kumar and his nurses review you at these times, and as often as you need in between. Scheduled reviews in the first year have no out-of-pocket fees. Patients from the Central West have their reviews in Orange.

NAME _____ OPERATION _____ DATE OF SURGERY _____

Review	Date	Time	Where (Westmead, Penrith, Orange or video)
7 to 10 days Wound check; drains removed if not already			
6 weeks Dressings removed; garment finishes; scar care begins			
12 weeks Most patients cleared for full activity			
6 months Scar and result review			
12 months Final scheduled review			
Extra review			
Extra review			

Key dates to remember

Milestone	Date
Showering allowed (48 hours after surgery)	
Garment and dressings finish (6 weeks)	
Lifting over 5 kg allowed (6 weeks)	
End of nicotine-free period after surgery (6 or 8 weeks)	
Back to desk-based work (about 2 weeks after body contouring)	

Dr Kumar's nurses (for Dr Kumar's patients): 0477 775 404 · Practice: 1300 267 726 · For chest pain, sudden breathlessness or a painful, swollen calf, call 000.