

EXPANDERS

PAIN CONTROL & ANTIBIOTICS

Keep your head elevated for the next two days. This will help reduce swelling and pain. Make sure you take the full course of prescription antibiotics. The freezing will wear off in approximately 2-6 hours. Extra-strength Tylenol and ibuprofen (Advil) taken every 4 hours for the first 2 days covers most people's pain. Then take as needed. Use the prescription painkillers as directed if you require additional pain control.

If you notice an increase in swelling, redness, discharge, or pain greater than what you would expect, please contact my office or your family doctor, or go to the nearest emergency department.

DRAINS DRESSING CARE

Your drains will usually be removed within the first 7-10 days. DO NOT SHOWER UNTIL THE DRAINS ARE REMOVED. Please keep careful track of the amount drained each day. Once the drains are out, it is okay to shower. You can take off the outer dressing and shower over the little white tapes (steri-strips) and then pat them dry.

You do not need to place another bandage over the incision or wear any sort of halter top or bra unless you feel it is more comfortable.

FOLLOW-UP & RECOVERY

Call the office at 604-589-6021 today or tomorrow to make an appointment for 10-14 days from now.

Take it easy for the first 2-3 days then start to increase your mobility. Try to get up and walk as soon as possible and drink plenty of fluids (juice, tea, water).

You should be able to do most office type activity within 10-14 days, though you may notice you are quick to tire. You should try to avoid heavy lifting or pushing for the first 2 weeks. Most women are back to normal within 6 weeks.

The expansion process (filling the balloon) will start at your first visit. We expand you every 1-2 weeks until we reach the proper size. It does not hurt.



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