

# IMPLANTS

## PAIN CONTROL & ANTIBIOTICS

Keep your head elevated for the next two days. This will help reduce swelling and pain. The freezing will wear off in approximately 2-6 hours. Try to get up and walk as soon as possible and drink plenty of fluids (juice, tea, water).

Extra strength Tylenol and ibuprofen (Advil) taken every 4 hours for the first 2 days (then as needed) covers most people's pain. Use the prescription painkillers as directed if additional pain control required. Take the full course of prescription antibiotics.

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

## DRESSING CARE

It is okay to shower after the first couple of days. You can take off the outer dressing and shower over the little white tapes (steri-strips). 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. 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 people are back to normal within 6 weeks.



Dr Adrian T Lee Inc   Drs Mian Inc   Dr Amara Murabit Inc   Dr Paul J Oxley Inc   Dr Jennifer M Prince Inc

Suite 301 – 13737 96th Avenue  
Surrey, British Columbia V3V 0C6  
tel 604.589.6021 fax 604.589.6841

[plasticsurgerygroup.ca](http://plasticsurgerygroup.ca)

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