



Dr. Mitchell H. Brown

Plastic, Reconstructive & Cosmetic Surgery

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## AFTER CARE .....

### After Surgery

Once you are ready to be discharged, Dr. Brown will see you to review your postoperative instructions.

He will also give you the number to contact him or one of his staff, who will be available 24 hours a day for any advice you may need once you have left the clinic. The anaesthetic may affect your judgment and coordination for up to 24 hours, so it is important to have a responsible adult pick you up from the clinic and stay with you the first night following your surgery.

There are several things that you should be aware of following your surgery. Most importantly, if you have any uncertainties, please make sure to contact Dr. Brown's office.

### Swelling and Bruising

Swelling after surgery is normal and will subside gradually over 7-10 days. It can be minimized with limiting your physical activity and applying ice packs to the area during the first few days.

### Pain

Most patients experience some pain and discomfort following surgery. This usually subsides after several days. You will have been given a prescription for pain medication, which should adequately control any discomfort. Please take it as prescribed on the bottle. If you experience increasing pain that does not respond to medication, please notify Dr. Brown's office.

### Temperature

The body temperature may rise slightly over 38°C after surgery. If fever persists after 24 hours, despite drinking liberal amounts of fluid, notify Dr. Brown's office.

### Stitches

Dr. Brown uses dissolvable stitches in many procedures but occasionally stitches will be used that need to be removed in the office. Once Dr. Brown has removed the initial bandage, it is fine to wash normally over the incision with soap and water. You can then apply a thin coat of Vitamin E oil or polysporin ointment to the incision once or twice daily.

### Exercise

Gentle physical activity can be initiated in the second week following the surgery. This includes walking and stretching. Heavier activities such as jogging, aerobics classes, contact sports and upper body weights should be avoided for one month.

In the following months, you will be asked to return periodically for check-ups, so that Dr. Brown can assess your long-term results and address any questions that you may have.

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