

After Surgery Care

- Get plenty of rest.
- Drink plenty of fluids.
- Start walking short distances as soon as possible.
- Do not drink alcohol for one month after surgery and while taking pain medication.
- It is normal to experience bruising and swelling after surgery.
- Wear comfortable, loose-fitting clothing and underwear. No thongs.
- You may experience some mild spotting or bleeding.
- Refrain from intercourse for 48 hours following treatment.
- You will be seen 6-8 weeks after your procedure.

Call the clinic if the following occur:

- If you have an increase in swelling.
- If you develop redness that persists or worsens after a couple of days.
- If you have pain that is worsening or not relieved by medication.
- If you develop a fever or chills.
- If you have yellow, green or white drainage or notice a foul odour.
- If you have tissue that turns dark purple or black.
- If you have bleeding that is not controlled with light pressure.

If you experience any of the following life-threatening emergencies, go to the nearest emergency department immediately:

- Severe chest pain.
- Difficulty breathing, shortness of breath.
- Unconsciousness or non-responsive.
- Pain in the leg, increased swelling or discoloration to the leg.
- Slurred speech, one-sided weakness.
- Severe onset headache.

Contact Information:

Please use the contact information below to reach us during regular business hours. In case of emergency, please go to your local emergency department.