

Post-Surgery Precautions

+ Breast Surgery

- 01** Pain after breast surgery may occur 2~3 days after surgery. It will subside as time passes.
- 02** A corrective garment should be worn immediately after surgery in case of breast augmentation. It should always be worn for 4 weeks after surgery.
- 03** If a hemoglobin bag is attached to your breasts, please make sure to keep the valve open. The bag is normally removed after 5~7 days.
- 04** Since the surgery is performed under general anesthesia, eating soft food such as soup or porridge for 2 days after surgery is recommended.
- 05** Breast massage should be done on the 5~7th day(after the bag is removed) after surgery. Please continue to massage for 3 months at least 3 times in a day for 15 minutes each time.
- 06** Please avoid sleeping on your side or stomach for 4 weeks.
- 07** Heavy exercises such as aerobics, weight lifting or running should be avoided for 4 weeks after surgery. Taking a walk is recommended.
- 08** Shower can be done after 7 days; however, please avoid sauna and hot spring for 4 weeks.
- 09** Only the painkiller and antibiotic that are prescribed by the clinic should be taken and take them as directed. If the pain persists even after taking the medication, then Tylenol can be taken additionally. Please do not take painkiller that contains Aspirin as it may cause bleeding.
- 10** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause infection and smoking can damage/necrotize skin or postpone wound recovery as it contracts vessels.

