GRAND
PLASTIC SURGERY

Post-Surgery Precautions
Hyperidrosis Correction
(Incision Method)

01 Swelling and bruises may occur for 3 days after surgery. They will subside gradually.

02 Use an Ice-pack on the surgical area for 2~3 days after surgery. When using the ice-pack, please place a thin towel or gauze on the area.

03 After getting hyperhidrosis correction by incision method, the movement of the arms should be minimized to prevent hematoma. Not using your arms for 2 weeks after surgery is recommended. It is best if a caregiver and feed you meals for 2~3 days.

04 If the pain in the incision between your armpits get worse, or it swells up, you must visit the hospital right away.

05 Avoid heavy exercises such as aerobics and working out at gym for 4 weeks after surgery. Taking a walk is recommended.

06 Quick shower can be taken the day after surgery. However, please avoid saunas and hot springs for 4 weeks.

07 Only the painkiller and antibiotics that are prescribed by the clinic should be taken 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.

08 Drinking alcohol and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can prolong the recovery of scars as it causes tightening of blood vessels.

09 In case of emergency or any questions, please contact (+82-10-7156-6546)