

- 01** Pain is most severe during the first 3 – 4 days after surgery and it gets gradually decreased as time passes.
- 02** Corrective bra should be worn from the day of surgery for patients who had breast augmentation and this should be worn for 2 – 4 weeks postop.
- 03** Make sure the valve is unlocked for blood drainage bags when worn and these should be removed after 5 – 7 days after surgery.
- 04** Soft meal like soup is recommended on the day of surgery and the next day as surgery is performed under general anesthesia.
- 05** Massaging of breasts is needed in case of smooth-type implants after 5 – 7 days from removal of blood bags and this should continuously be done for 3 months, 3 times a day for 15 mins per session. Massaging is done after 2 – 3 weeks postop in case of textured-type implants.
- 06** Sleep face up for the first 4 weeks after surgery and do not sleep face down or on your sides.
- 07** Weight lifting, running and such activities except for a walk should be resumed from 4 weeks postop.
- 08** Quick shower can be done after 7 days from surgery (except for surgical sites); however, taking a bath, going to sauna and hot spring should be done from 4 weeks postop.
- 09** Only pain killers and antibiotics prescribed by the hospital need to be taken. If necessary, you can additionally take Tylenol which does not contain Aspirin. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 10** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can damage/necrotize skin or postpone wound recovery as it contracts vessels.
- 11** In case of emergency or any questions, please contact (+82-10-7156-6546)