

- 01** Pain on surgical area is most severe in the first 2 – 3 days after surgery. It should gradually be subsided as time passes.
- 02** Corrective garment should be worn from the day of removing bandages after surgery and this should be worn all the time until 4th week postop. The long you wear, the better it is as it minimizes the swelling and improves the surgical result at the beginning of healing phase.
- 03** Calf muscle is used a lot during activities so it's recommended to lie down with legs up and avoid walking on the day of surgery.
- 04** Tension on surgical site can be minimized by wearing heels. It's recommended to wear heels for the first 2 weeks after surgery.
- 05** Weight lifting, running and such activities except for a walk should be resumed from 4 weeks postop.
- 06** Quick shower can be done after the day of stitch removal; however, taking a bath, going to sauna and hot spring should be done from 4 weeks postop.
- 07** Stretching to soften up the joints of ankles and legs is advised for at least 3 times a day for 5 minutes per time starting from 1 week postop and repeat it as needed until the tension gets released on surgical site.
- 08** Too much of use of calf muscle after surgery will regain the muscle development which will decrease the surgery effect.
- 09** Hydrocolloid dressing is placed on injection spots to minimize the bruises and it gets removed after 7 – 10 days.
- 10** 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.
- 11** 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.
- 12** In case of emergency or any questions, please contact (+82-10-7156-6546)