

- 01** You may feel the most pain up to 7 days after the surgery and pain will be gradually gone as time passes.
- 02** Bruise and swelling on the surgical area may get worse up to 7 days after surgery.
- 03** Please lie on your back in order to avoid pressure on the surgical area. Keeping your upper body little bit high when sleeping will be helpful for swelling.
- 04** Stitches will be removed 10-14 days after surgery.
- 05** Do not raise arms more than 90° for 7 days after the surgery and please avoid lifting heavy things up.
- 06** Heavy exercise such as aerobics or working out at a gym should be done 4 weeks after surgery except taking a walk.
- 07** Quick shower can be done on the day after stitch removal. However, sauna or hot spring should be avoided for 4 weeks.
- 08** 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.
- 09** 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.
- 10** In case of emergency or any questions, please contact (+82-10-7156-6546)