

- 01** You may feel the most pain up to 7 days after the surgery and pain will be gradually gone as time passes.
- 02** Tight bra should not be worn before stitch removal.
- 03** Heavy exercise such as aerobics or working out at a gym should be done 4 weeks after surgery except taking a walk.
- 04** Quick shower can be done on the day after surgery. However, sauna or hot spring should be avoided for 4 weeks.
- 05** 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.
- 06** 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.
- 07** In case of emergency or any questions, please contact (+82-10-7156-6546)