

# Precautions After Breasts Augmentation

## — Posture

It is recommended to sleep on your back with your upper body slightly elevated for about 1-week after surgery.

It is recommended to sleep face-up, for 3-months after surgery and avoid to sleep on your side for up to 6-months.

## — Swelling

Swelling and bruises may get worse for 2-3 days after surgery, and gradually get better around 2-4 weeks. However, it may differ in individuals.

## — Guidance on Wound Care & Compression Garments

1. The adhesive tape around the breasts will be removed on the 7th day after surgery, the first follow-up care.
2. It is advised to wear the compression bra and stabilizer band for 1-2 months. There are individual differences depending on the recovery progress.
3. You have to wear your lingerie according to this sequence, compression brasports braunderwired bra. The timing varies on each individuals and is determined by looking at the progress after surgery.
4. It is recommended to not wearing any lingerie with the compression bra and stabilizer band throughout the recovery period for 6 months. After 6 months, you can wear it according to the sequence stated above.
5. For scar ointment, you can only using it at least 1 month after the surgery.

## — Shower

1. Shower or bath is possible 1-week after surgery.
2. Sauna or steam bath is not allowed for at least 1-month after surgery.

## — Medication

1. It is important that you take the prescribed medicine regularly at the same time every day, and if you experience symptoms such as diarrhea, or rash, please stop taking it and contact our hospital.



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2. The prescribed medication contains painkillers, but if you still experience significant pain after taking it, you may additionally take Tylenol.
3. Since multi-vitamin (especially, vitamin E) can cause bleeding, it is recommended to avoid taking it for at least 1-month after surgery, unless it is necessary. (Please avoid taking aspirin for 1-week after surgery.)
4. It is advised not to take anti-inflammatory medicines because it can cause bleeding.

## — Alcohol Drinking & Smoking

Smoking and drinking are prohibited for 1 month after surgery due to their negative effects on bleeding, wound healing progress, and infection.

## — Post-Surgery Progress

1. Mild feelings of stiffness & tightness in the chest, numbness, sharp sensations, soreness when moving are all part of the recovery process and normal. Over time, it will recover and get better.
2. The breast may feel overly large and tender at first, the "drop and fluff" process takes around several months, which should lead to a smoother, softer breasts.
3. About 1 in 10 people may experience a lump in their breast or stiff breast after surgery. This is inevitable due to a physiological reaction that depends on an individual's body constitution. Therefore, regular checkups are necessary and please follow the hospital's instructions.

## — Emergency Hotline

In the event that one or both sides of your breast suddenly become hard after surgery, leading to increased pain, bleeding, please contact our hospital ([02.512.1288](tel:02.512.1288)) consultant-in-charge IMMEDIATELY and make a visit to our hospital.

