



- 01** Pain on surgical area can be most severe during the first 7 days after surgery and should gradually goes away afterwards.
- 02** Bruising and swelling can be most severe during the first 7 days after surgery.
- 03** Raising arms over 90 degrees shouldn't be done for the first 7 days nor lifting anything heavy or adding pressure on arms.
- 04** Weight lifting, running and such activities except for a walk should be resumed from 4 weeks postop.
- 05** Quick shower can be done after the day of stitch removal(except for surgical site); however, taking a bath, going to sauna and hot spring should be done from 4 weeks postop.
- 06** 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.
- 07** 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.
- 08** In case of emergency or any questions, please contact (+82-10-7156-6546)