

- 01** Pain on surgical site is most severe during the 1st week after surgery and it will gradually be gone as time passes.
- 02** Do not raise the arms over 90 degrees during the 1st week and do not lift anything heavy or use the arms a lot.
- 03** Make sure the drainage or blood bags are attached to your body while having them on.
- 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; 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)