

Precautions After Breast Augmentation

After the Procedure:

- After breast augmentation surgery, it is required to wear a corrective bra for 6 months. (During the follow up appointment, this period could be changed by the doctor) It is required to wear an upper band if the surgery is performed via axillary incision. (Worn over the corrective bra) Underwire bras are permitted 3 months after surgery. Compression bras with functional support can be worn after 1 year.
- During the initial 24-48 hours post-surgery, chest pain may be most intense, gradually subsiding thereafter. Until the 3rd to 4th week, a sensation of lumpiness and firmness may be experienced. Pain and sensations may occur asymmetrically.
- If a drainage tube is used, please ensure the valve remains open and the contents of the bottle is emptied the following day.
- Compression bandages and painless injections are removed the day after surgery.
- Soft foods, such as soup, porridge, or soft meals are recommended on the surgery day and the day following surgery.
- Elevating the surgical site above the level of the heart with a pillow can help alleviate swelling and discomfort. Please avoid lying on your side or stomach, and maintaining a flat posture is recommended. Lying on your side or stomach is only recommended 3 to 6 months after surgery.
- Adequate rest is important during the first 1 to 2 weeks after surgery, when pain should subside entirely. Especially for occupations involving heavy lifting or significant physical activity, it is advisable to rest during the recovery period. Please refrain from raising your arms high or lifting heavy loads for one month post-surgery. Massage is unnecessary after surgery.

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- Please avoid workouts like aerobics, swimming, running, and gym activities for 3 months post-surgery. You can take a walk after the surgery. Depending on the development of chest muscles, animation phenomena (movement of implants when muscles contract and relax) may occur.
- Please avoid sauna, steam rooms, or hot tubs for 4 weeks after surgery.
- Please make sure to wear waterproof bandages on the incision sites from the day after surgery. After removing the dressing band, you can wear waterproof bandages until removing the stitches. The waterproof bandages are non-reusable, so please change the bandage after showering. After stitch removal, please apply skin tape to minimize sun exposure or external contact to the incision site. Surgical scars may appear darker during the first 1 to 3 months, with the redness of scars typically fading within 6 months to 1 year.
- Please take painkillers and antibiotics provided by the hospital on schedule. If additional pain relief is required, you can take Tylenol. Please avoid aspirin-based medications as they can cause bleeding.
- Please avoid alcohol and smoking for at least 3 months post-surgery. Alcohol may induce inflammation, and smoking can cause the skin to darken due to the constriction of blood vessels. If inflammation occurs, the implants must be removed.
- Please apply scar ointment provided on the surgery day, after 1 month.
- Please apply stretch mark cream or body lotion on the stretch mark of the breasts post-surgery. The Mamtobe cream we provided is a stretch mark cream.
- Post operative Care:
 - Week 1 - SmartLux + Magic Pot (RF Treatment) + Stitch removal
 - Week 2 - Capsulitis Treatment
 - Week 4 - Capsulitis Treatment
 - Week 12 - Breast modeling pack + SmartLux
 - Follow-up appointments are typically scheduled for the Day 1, 1 month after, 3 months after, 6 months after, and 2 years after the surgery. (Including ultrasound examinations at 6 months and 2 years, respectively)

※ Individual experiences may vary.

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Product Detail After Breast Augmentation



1. Corrective Bra
Please refer to the washing instructions provided in the case.
2. Scar Cream
Please apply on the incision area 30 days after surgery. Do not apply before 30 days.
3. Stretch Mark Cream
Please apply on the stretched areas 1 day after surgery.
4. Alcohol Swabs
Please use when removing painless injections. (Use when pressing firmly to remove.)
5. Waterproof Bandage
Please apply on the incision area when showering and remove immediately after.

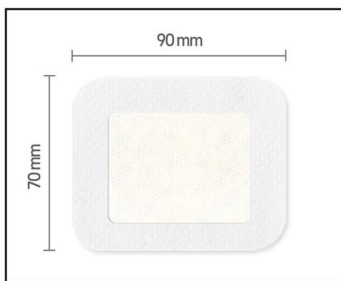
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Postoperative Scar Care Instructions for Breast Surgery (Under-Breast/Armpit Incision)

1. Care Immediately After Surgery (up to Week 1)

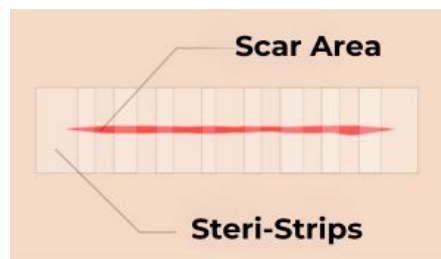
- Please use this waterproof bandage over the stitches until stitches are removed. Shower with the waterproof bandage in place **to prevent water from coming into direct contact with the incision area.**
- Please do not use hydrocolloid bandages as their strong adhesives could interfere with healing and cause stitches to come loose.



- After showering, please remove the waterproof bandage and apply a dressing bandage. Repeat this process for the first week.
- The recommended size for the dressing bandage is 90mm x 70mm, which is a standard size that can be purchased at a Korean pharmacy.

2. Scar (Stitches) Care and How to Apply Steri-Strips

Please apply Steri-Strips from the first week after stitches are removed until one month after surgery.



- Please purchase Steri-Strips at a pharmacy. Cut the Steri-Strip to size and apply it to fully cover the scar, as shown in the diagram.
- Please use tweezers to apply the Steri-Strips appropriately.
- Please change the Steri-Strips every 3 to 4 days. (Frequent changing does not improve effectiveness.)
- If the tape falls off after showering, please replace it immediately.

- Skin tape can also be used as an alternative to Steri-Strips. (Please cut the tape to fit the size of the incision site and apply it parallel and straight across the scar.)



3. Scar Ointment (Scarderm Gel) Usage Instructions

- After you stop using Steri-Strips or skin tape, please start applying the scar ointment (Scarderm Gel) provided by our clinic to the incision area, beginning one month post-surgery.
- Please start using the ointment once the wound has sufficiently healed.
- Please apply a thin layer to ensure proper absorption into the scar.
- Please use the scar ointment consistently for at least 6 months (long-term use is recommended).



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