Precautions After Breast Augmentation

- 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 subsides 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.
- 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:

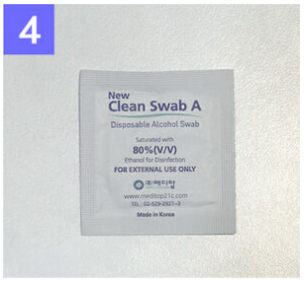
- Week 1 – SmartLux + Magic Pot (RF Treatment) + Stitch removal
- Week 2 – Capsulitis Treatment
- Week 4 – Capsulitis Treatment
- Week 12 – Breast modeling pack + SmartLux
- Follow-up appointments are typically scheduled for the Day 1, 1 month after, 3 months after, 6 months after, and 2 years after the surgery. (Including ultrasound examinations at 6 months and 2 years, respectively)

Discharge Instructions After Breast Surgery















1. **Post Surgical Bra (1 pc):** You will already be wearing this under your surgical dressing when you wake up from surgery.
2. **Scar Cream:** For detailed instructions, please refer to the **Scar Care Guide.**
3. **Stretch Mark Cream:** Designed to help prevent stretch marks on the breast. You can start using it after showering, the day after the surgery. Once finished, feel free to use standard over-the-counter moisturizer.
4. **Alcohol Swabs:** Use these when removing the pain pump (self medicating tool).
5. **Dressing Pads & Steri-Strip:** For detailed instructions, please refer to the Scar Care Guide.
6. **Water Proof Bandage:** For detailed instructions, please refer to the Scar Care Guide.
7. **Detailed Post-Op Precautions in English (Please read through carefully)**

We hope you have a smooth recovery. If you have any questions or concerns during recovery, please feel free to message us on WhatsApp or via email. Thank you!

Postoperative Scar Care Instructions for Breast Surgery

(Under-Breast/Armpit Incision)

1. Days 1 to 7 Post-Op (before stitch removal)

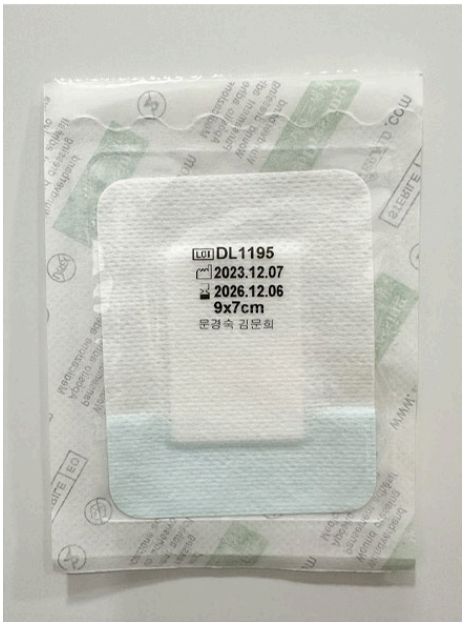
You can shower the day after the surgery: Remove all the gauze and bandages that were applied during the surgery. Shower with the waterproof bandage

applied over the incision site.

- Please ensure water does not directly hit the incision area.
- After showering, remove the **waterproof bandage** and apply a **dressing pad**. **(Repeat this process every time you shower).**



Waterproof Bandage



Dressing

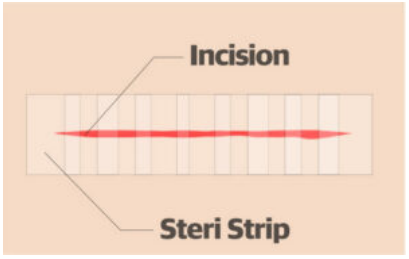
2. Days 7 (after stitch removal) to 30 Post-Op

After stitch removal, use steri-srips on the incision site

- Change frequency: Every 3 to 4 days.
- If a strip peels off after showering or during daily activities, please replace it with a new one.

[How to Apply Steri-Strips]





*As shown on the image, apply Steri-Strips so they fully cover the entire scar. Small, vertical pieces, not 1 long.



*Cut the strip to an appropriate size as shown, and apply using tweezers.

3. Days 30 Post-Op (after the incision fully healed)

- 1 Month after surgery, start applying scar cream.
- Apply a thin layer to the incision site.
- Recommended for at least 3 months (long-term use recommended).

- This guide provides general post-operative care instructions.
- Care instructions may vary depending on the patient's individual recovery progress.
- If you require additional supplies beyond what was provided by the clinic, please purchase them separately at a local pharmacy.

This Page

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