

# Precautions After Breast Augmentation

1. To reduce swelling and prevent infection, take the prescribed medication for about 7 days.
2. On the first day after surgery, return to the clinic for follow-up. If necessary, the surgical site will be disinfected, and the hemovac (drain) may be removed. Keep the tape around the chest until day 5, then remove it. (If it becomes itchy, it may be removed on the 4th day.)
3. On day 7–14, return to the clinic for disinfection and removal of any remaining sutures. Avoid moving your arms excessively or lifting heavy objects.
4. Pain is usually most severe for 2–3 days, then subsides and does not significantly interfere with daily life.
5. When sleeping, keep your upper body slightly elevated and sleep on your back in a proper posture.
6. For about 6 months, you may experience breast discomfort or pain during your menstrual cycle.
7. Bruising may occur but typically resolves within 2–3 weeks.
8. Nipple sensation may temporarily become dull or overly sensitive. (Around 6 months post-surgery, you may occasionally feel tingling or shooting pain in the breast.)
9. After suture removal, apply scar ointment or silicone scar tape (e.g., CicaCare) for 6–12 months to support scar healing.
10. Avoid alcohol and smoking for 4 weeks, as they may delay wound healing and increase the risk of infection.
11. Showering is allowed from the day after stitch removal, as instructed by your medical team. After showering, ensure the surgical site is completely dry. Saunas and hot baths are allowed only after 4 weeks.
12. For the first 2–3 months, swelling may cause size differences between the breasts. Complete resolution of swelling usually takes 3–6 months.
13. Avoid intense or strenuous exercise for at least 2–3 weeks (e.g., gym workouts, golf, swimming). Excessive movement may cause the incision to open, resulting in scarring.

**⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.**



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+82 10 3395 6887



[contact@okayps.co](mailto:contact@okayps.co)



4F, 5F, 715 Samseong-ro, Gangnam-gu, Seoul



WhatsApp