

Precautions After Breast Implant Removal

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 in place until day 5.
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 affect daily life.
5. When sleeping, keep your upper body slightly elevated and try to sleep on your back in a proper position.
6. Bruising may occur but typically resolves within 2–3 weeks.
7. After suture removal, apply scar ointment or silicone scar tape (e.g., CicaCare) for 6–12 months to help improve scar healing.
8. For 4 weeks, avoid alcohol and smoking as they may delay wound healing and increase the risk of infection.
9. Showering is allowed from the day after stitch removal, as instructed by your medical team.
 - After showering, ensure the surgical area is kept dry.
 - Saunas and hot baths are allowed only after 4 weeks.
10. For the first 2–3 months, swelling may cause size differences between the breasts. Complete resolution of swelling typically takes 3–6 months.
11. Avoid intense or strenuous exercise for at least 2–3 weeks (e.g., gym workouts, golf, swimming). Excessive movement may cause the incision site to open, leading to scarring.

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



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