

Precautions After Breast Reduction

1. To reduce swelling and prevent infection, take the prescribed medication for about 5–7 days.
2. On the first day after surgery, return to the clinic for follow-up. If necessary, the wound will be disinfected, and on days 1–3, you will be fitted with corrective garments.
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 activities.
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. For 2–4 weeks after surgery, wear the corrective bra and band provided by the hospital as instructed. From 1 month post-op, you may switch to a sports bra for 1–2 months. From 3 months, you may wear underwire bras depending on your progress.
8. Bruising may occur but typically resolves within 2–3 weeks.
9. 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.)
10. After suture removal, apply scar ointment or silicone scar tape (e.g., CicaCare) for 6–12 months to improve scar healing.
11. Avoid alcohol and smoking for 4 weeks, as they may delay wound healing and increase the risk of infection.
12. Showering is generally allowed 2 weeks after surgery, but follow your doctor's instructions. After showering, ensure the surgical site is completely dry. Saunas and hot baths are allowed only after 4 weeks.
13. For the first 4–6 months, swelling may cause size differences between the breasts. Complete resolution of swelling usually takes 8 months to 1 year.
14. Avoid intense or strenuous exercise for at least 4 weeks (e.g., gym workouts, golf, swimming). Excessive movement may cause the incision site to open, resulting in scarring.

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



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