

Precautions After Nipple & Areola Reduction

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 wound will be disinfected and the hemovac (drain) may be removed.
3. On days 7–14, return again for disinfection and removal of any remaining sutures, and take care not to put pressure on the surgical area.
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 try to sleep on your back in a proper posture.
6. For about 6 months after surgery, pain may increase during menstruation.
7. Bruising may occur but typically resolves within 2–3 weeks.
8. Nipple sensation may temporarily become dull or overly sensitive. Around 6 months after surgery, tingling or shooting pain may occasionally be felt.
9. For 4 weeks, avoid alcohol and smoking, as they can delay healing and increase the risk of infection.
10. Showering is allowed from the day after stitch removal, following your doctor's instructions. After showering, ensure the surgical site is completely dry. Saunas and hot baths are allowed only after 4 weeks.
11. For the first 2–3 months, swelling may cause size differences between both sides. Complete resolution of swelling usually takes 3–6 months.
12. 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, resulting in scarring.

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



www.okayps.co



+82 10 3395 6887



contact@okayps.co



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



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