

Precautions After Tummy Tuck

1. Pain immediately after surgery varies by individual. You may eat normally right away, so please take the prescribed medication for about 7 days after meals.
 - If you feel discomfort, porridge is fine, but regular meals are recommended.
2. After returning home, a fat-dissolving solution that looks like blood-tinged fluid may drain from the wound area for up to 3 days.
 - The more it drains, the faster swelling may reduce. If it does not drain, it will be absorbed naturally during healing.
3. Swelling and bruising move downward during recovery and may reach the feet and ankles.
 - If you feel significant numbness in the legs, elevate your feet above heart level or soak your feet in warm water to help.
4. Keep your upper body bent forward at about 15 degrees when doing daily activities. When sleeping, keep your legs slightly bent to prevent tension on the surgical area.
5. For about 4 weeks, avoid alcohol, smoking, strenuous exercise, saunas, hot baths, and spas. Light activity such as walking is recommended.
6. Wear a compression garment continuously for 1 month (24 hours/day). After 1 month, it can be worn only during sleep.
 - You may remove it briefly for circulation or washing, but note that severe swelling may make it difficult to wear again.
7. Showering is allowed after stitch removal (about 14 days post-op).
8. As bruising and swelling subside, the surgical area may feel itchy. Avoid scratching, as the skin may still be sensitive and injury can occur easily.
9. A mild fever may occur, but if there is persistent heat, severe pain, or significant color change in the surgical area, contact the clinic immediately for evaluation.

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



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