

Post-Breast Surgery Care Instructions

1. You may start using Cica Ointment or Cica-Care band from 1 month after surgery.
2. Apply scar ointment twice daily (morning and evening) in a thin layer.
3. Cica-Care band should be applied to clean, dry skin with no moisture present. (Use a piece slightly larger than the scar / When washing the band, use soap without oil, rinse with warm water, and air dry completely (do not use tissue or a towel) / It can be reused for 2–3 months.)
4. In warm weather or during physical activity when you sweat, clean the band more frequently. (To help your skin adjust, wear it for 4 hours a day for the first 2 days, then 8 hours for the next 2 days, and afterward 12 hours or more per day is recommended.)
5. No additional massage is required after surgery.
6. When wearing compression garments, make sure the underband fits properly. Later, it is recommended to wear a sports bra that supports the entire chest.
7. The upper band should not press the middle of the chest (implant) but should be positioned as high as possible, touching the collarbone. (Typically, wear the compression garment for about 1 month, and the sports bra for about 6 months.)
8. Since you may roll over or sleep on your side while sleeping, it's best to wear compression garments during sleep.
9. Exercise and sauna are allowed after 1 month, but note that if the upper body muscles are used, it may stimulate the implant inside the muscle, causing some pain. (Exercise is recommended while wearing the upper band.) Generally, this does not cause major problems, but if pain is severe, please contact the hospital.

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



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