

- 01** Hospitalization for 5-7 days is required.
- 02** Please lie on your sides or stomach for 1 month after surgery and do not sit on chair for 2 weeks.
- 03** Make sure the garment or bandage does not get loose and wear it tight.
- 04** Stitch removal is done between 10 – 14th day postop.
- 05** Sleep on your stomach or sides for 1 month after surgery and sitting down on your hips is not recommended for 2 weeks after surgery.
- 06** Weight lifting, running and such activities except for a walk should be resumed from 12 weeks postop.
- 07** Quick shower can be done on the day after stitch removal. However, sauna or hot spring should be avoided for 8 weeks.
- 08** Only pain killers and antibiotics prescribed by the hospital need to be taken. If necessary, you can additionally take Tylenol which does not contain Aspirin. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 09** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can damage/necrotize skin or postpone wound recovery as it contracts vessels.
- 10** In case of emergency or any questions, please contact (+82-10-7156-6546)