



Postoperative Precautions for Breast Augmentation

1. After the surgery, it is necessary to keep the wound dry and clean, and avoid taking a bath or soaking in water until the wound is completely healed.
2. Take the anti-inflammatory and pain-relieving medication as directed by the doctor, and follow up with the doctor for medication changes.
3. Wound care: you can change the dressing on your own twice a day. First, use a sterile cotton swab dipped in saline solution to clean off the old ointment, blood clots, and secretions on the wound, then apply new ointment and cover with gauze or waterproof tape.
4. Suture removal: if the incision is located under the armpit, remove the stitches 1 to 2 weeks after surgery. If the incision is around the nipple, stitches can be removed after 2 weeks or left alone.
5. Avoid sharp objects or impact: after surgery, the breast should not be pierced with needles or sharp objects, and avoid strong impacts to the chest. If the implant is damaged, contact the doctor immediately to have it removed or replaced.
6. Post-operative diet: do not drink alcohol, smoke, or eat spicy and irritating foods such as tea, coffee, etc.
7. Avoid collision and activities that involve raising the arms above ninety degrees for 1 to 2 weeks after the surgery, such as lifting heavy objects, carrying children, intense exercise, saunas, and swimming. Intense exercise can be resumed after 1 to 1.5 months.
8. Within six months after the surgery, wear a wire-free bra to prevent the position of the breast implants from moving upwards. You can wear a tank top or a soft wire-free bra when going out. If the doctor has not instructed otherwise, do not wear a wired bra within six months after surgery, as it may



Postoperative Precautions for Breast Augmentation

cause uneven breasts or asymmetrical cleavage.

9. Abnormal sensations: after the surgery, the nipples and surrounding skin may be less sensitive, but will gradually recover over a period of six months to one year.