

- 01** Do not straighten the back for 1 month while sleeping and sleep with your back slightly bent.
- 02** Make sure the drainage or blood bags are attached to your body while having them on.
- 03** Fluid leaking is possible after 24 hours up to 3 days after surgery and bruising and swelling can also be noticed on surgical site.
- 04** Stitch removal is done between 10 – 14 days after surgery.
- 05** Running, weight lifting, or activities that add pressure on abdomen should be done 4 weeks after surgery.
- 06** Quick shower can be done after the day of stitch removal; however, taking a bath, going to sauna and hot spring should be done from 4 weeks postop.
- 07** 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.
- 08** 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.
- 09** In case of emergency or any questions, please contact (+82-10-7156-6546)