
After Your Surgery

- **Please contact us immediately if you experience any sudden sharp pain, excessive bleeding, sudden fever, redness, sudden severe swelling**

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- You may drink water 3 hours after the surgery, if everything feels ok after drinking water you can slowly eat food
- **Dizziness and nausea are common for the first 24 hours**, please contact us if the symptoms get worse
- You may feel dizzy if you get up suddenly, please **hold on to the wall and wait for a few seconds** before moving
- You may feel dizzy when you urinate due to blood pressure change, so please **sit down and hold on to the wall when using the bathroom** for the first couple days (male patients are also advised to sit down to urinate)
- **It is totally normal that there may be a mixture of water and blood coming out** of the surgical area. So please do not worry, this is mostly liquid anesthetics and blood. It is recommended to continue lightly squeezing by hand until suturing the next day. The sooner the liquid comes out, the faster your recovery will be
- It is recommended to **use a shower curtain or additional blankets** on the bed for the first 2 days after surgery
- **For the first 24-48 hours**, it is recommended **to not drive**
- **For the first 24-48 hours**, it is recommended **to wear an adult diaper**
- **For the first 24-48 hours**, it is recommended **to have someone around you** in case you need any assistance
- In the case of **abdomen surgery, walking is very helpful** to drain the medical water out, which will lead to faster recovery
- For **male patients, please do not remove the tape under your testicles** for the first 3-5 days, since that may cause additional swelling of your testicles.

Medications

- Please **take antibiotics, pain killers, anti-inflammatory medications for the first 7 days**, we will prescribe these in the clinic and our consultant will assist you to get the medications from the local pharmacy
- **Please contact us if you experience stomach ache, indigestion, or any allergic symptoms while taking medications.** We may need to prescribe you different medications, as a result. Please **do not stop taking the medications arbitrarily** without consulting with us first
- If you have are susceptible to **keloid formation**, you may need to take additional medications, please **tell the doctor** in advance

Compression Garments

- Please start to **wear compression garments immediately after the surgery.** Please wear them for **24 hours for the first 2 weeks** and **12 hours for the next 2 weeks.** Wearing them during the daytime will be more helpful for reducing pain.
- It will be helpful if someone can **help you put on the compression garments for the first 3-4 days**
- For the patients who had operations on **thighs and calves**, please wear compression **stockings**
- Your **hands and feet may swell** if the compression suits are **too tight**. In this case, please **reduce salt intake, take off your compression suits for 1-2 hours**, and wear them again. **Lymph massage** can be helpful as well
- Folded area may affect the final result, so please try to use **handkerchiefs or thin cloths on folded area** for the best result
- If the swelling gets better, and the **compression garments become loose**, the compression garments may not function properly and **you must repair, tighten or acquire another one. We can do this for you**, so please ask your consultant

Alcohol and Cigarettes

- It is recommended to **avoid alcohol and cigarettes** for at least two weeks after the surgery
- Smoking may prevent wounds from healing. Drinking may cause inflammation

Food

- It is recommended to eat **soft food like porridge and soup** immediately after the surgery, and **gradually go back to regular meals**. Soft drinks can help if you feel bloated
- It is recommended to **eat bland food**, since swelling may last longer with too much salt intake. As a result, please try to **avoid salty and heavy broths**, and try to eat **fresh vegetables and fruits to intake enough vitamins**. **Protein-rich food** will help with your recovery, as well
- It is recommended to **drink sufficient water, at least 2L (8~9 cups) a day**
- Diet for weight loss is recommended to start 2-3 weeks after the surgery for the best recovery

Operation Areas and Wounds

- **Do not use hot packs** or ice packs on the operation area
- Please **avoid too hot or too cold food** for the first month
- It is recommended to **massage your armpit and groin area** with body oil or massage oil, **for lymphatic circulation**. If you see your skin looks bumpy, please massage the area more, the **bumpiness will get better in 2-3 months**.
- In addition to compression garments, pressing the operation area with a belt or strap will affect the final result. So please make sure you don't press the operation area with a belt. Wear **loose pants** or **suspenders if a belt is needed**
- **Dr.An's experience and surgical techniques will minimize your wounds**
- **At Lydian, we use skin bonds which are harmless to our body, and Dr.An will suture inwards for the best results**
- **Please** do not remove the tape attached to the wound, leave it for at least 2 weeks. **If it falls off, please make sure to use new tape on the wound**
- After a certain period of time, the **sutured thread may pop out**. Please do not worry. **Do not touch them, they will fall on their own. But please contact us if you see inflammation**
- The wound will be red first and turn pale after a few months. Please make sure you **apply scar ointment** from a local pharmacy **until the redness is gone**
- It is not common but if you see your **wounds are protruding** more and more, **please contact us or a local clinics immediately, you may need some additional treatment on them**. They will improve within 3-4 monthly sessions, the faster you find this, the faster you will get better