



# Post-Surgery Precautions

## + Facial Contouring

- 01** Swelling and bruises will occur for 3 days after the surgery. They will subside as time passes.
- 02** Use an ice-pack on the surgical area for 2~3 days after surgery. When using the ice-pack, please place a thin towel or gauze on the surgical area before placing it.
- 03** Bandages/ dressings will be removed after 7 days. Make-up can be applied from the next day.
- 04** Please do not remove bandages, dressings and casts until a clinic nurse removes it for you.
- 05** Please eat soft food such as soup or porridge for 1 week.
- 06** Most facial contouring surgeries are performed through inside of the mouth. Please make sure to gargle your mouth as often as possible to prevent inflammation. Please make sure to gargle straight after each meal.
- 07** You can start brushing your teeth 1~2 days after surgery.
- 08** Avoid heavy exercises such as aerobics and/ or working out at a gym for 4 weeks after the surgery. Taking a walk is recommended.
- 09** A quick shower can be taken on the next day. However, sauna and hot springs should be avoided for 4 weeks.
- 10** Do not bow the head or lie face down.
- 11** Using a pillow with a large cushion will help minimize the swelling and bruising. However, please make sure your neck is not bent on the pillow and you don't sleep on your sides.
- 12** Only pain killers and antibiotics prescribed by the clinic needs to be taken and should be taken correctly. If the pain killers provided is not enough, Tylenol can be taken also. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 13** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause infection and smoking can damage/necrotize skin or postpone wound recovery as it contracts vessels.