

Post-Surgery Precautions

+ Philtrum Reduction

- 01** Swelling and bruises will occur for 3 days after the surgery. They will subside as time passes. Swelling typically peaks at 48 hours.
- 02** Use an ice-pack on the surgical area for 2~3 days after the surgery. Apply for 15 minutes every 1-2 hours while awake. When using the pack, please place a thin towel or a gauze on the area.
- 03** Stitches will be removed after 7-10 days.
Facial make-up are allowed the next day after stitch removal.
- 04** Keep the incision clean and dry. Gently clean with prescribed solutions to prevent infection.
- 05** Avoid heavy exercises such as aerobics and/or working out at a gym for 4 weeks after the surgery. Taking a walk is recommended.
- 06** simple shower can be taken the day after the surgery.
However, please avoid saunas and hot springs for 4 weeks.
- 07** Please do not bow your head or lie faced down.
- 08** Please sleep with your upper body elevated.
- 09** 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.
- 10** Drinking alcohol and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can prolong the recovery of scars as it causes the tightening of the blood vessels.

