

Precautions After Facial Contouring

— Posture

1. Do not bend your neck forward or over. Always keep your upper body & head elevated above your heart, even when you sleep or are just lying down (a recliner would work best). Keep this posture for 1-week after surgery. This reduces swelling or edema.
2. It is recommended to sleep face-up and avoid to sleep on your side or face-down for up to 1-month.

— Meals

1. **After surgery, please drink water first.** If there is no discomfort, **start with porridge or soup** and gradually eat soft foods such as soft bread, tofu, fish, steamed eggs, and finely chopped side dishes. **Regular meals are possible starting from 1 week after surgery.**
2. It is recommended to avoid foods high in fiber, as they may cause constipation.
3. **Avoid hot foods for 2 weeks after surgery. Foods such as eggs, sesame oil, seaweed soup, and spicy soups may allow small blood clots to enter between the wounds, so they should not be consumed.**
4. **For 2 months after surgery, it is recommended to avoid tough or hard foods that require strong chewing, such as dried squid, hard radish kimchi, peanuts, caramel, jerky, and nuts.** Especially for those who underwent cheekbone reduction surgery, please be careful not to apply pressure or irritation to the surgical area for up to 3 months after surgery.
5. To help reduce swelling, keep your mouth clean, and relieve phlegm, please drink at least 1 liter of lukewarm water per day.
6. **Do not use straws for 1 month after surgery.**

— Swelling

1. Swelling and bruising may gradually worsen for 2–3 days after surgery, then slowly subside over the following 2–4 weeks. Recovery may vary depending on the individual.
2. **Apply cold compresses until the 3rd day. After that, additional compresses are not necessary.** Warm compresses carry a risk of low temperature burns, so if needed, they should only be done according to the hospital's instructions.

Precaution when using warm compress

- You can use the compress after soaking it to be warm enough in warm water. (Do not use microwave)



Precautions After Facial Contouring

- After surgery, the sensation at the surgical area and its surrounding area may be temporarily dull, so make sure to check the temperature of the compress with your other part of the skin (such as, inner part of your arm) before putting it on the surgical area. This is to prevent skin burns from occurring in the surgical area.

— Medication

1. It is important that you take the prescribed medicine regularly at the same time every day, and **if you experience symptoms such as diarrhea, or rash, please stop taking it and contact our hospital.**
2. The prescribed medication contains painkillers, **but if you still experience significant pain after taking it, you may additionally take Tylenol.**
3. Since multi-vitamin (especially, vitamin E) can cause bleeding, it is recommended to avoid taking it for at least 1-month after surgery, unless it is necessary. (Please avoid taking aspirin for 1-week after surgery.)
4. **It is advised not to take anti-inflammatory medicines because it can cause bleeding.**

— Wound Care

1. Please gargle/mouth rinse every 2 to 3 hours to keep your mouth clean. **You must rinse your mouth immediately** ⓐ **after waking up from sleep,** ⓑ **after every meals, and** ⓒ **before going to bed.** Rinse your mouth with the prescribed gargle solution. In case you have used all of the solution, **rinse your mouth with clean water.** It is important to remove food remnants from the incision (stitched) area between the teeth and cheek.
2. **You can start brushing your teeth the 3rd day after surgery (using a child-size, soft-bristled toothbrush is recommended). Start by being careful not to touch the incision (stitched) area too harshly.** Be gentle, and brush your teeth only. Do not brush your gums. **You can use toothpaste when brushing your teeth.** Even though you are brushing your teeth, gargle/mouth rinsing is a must and you must do it for 1-month.

— Exercise

1. It is advised to do light activities such as walking around your neighbourhood/park 2-3 days after surgery as it helps minimize swelling. Strenuous exercise (gym workouts, swimming, hiking) is only possible 1-month after surgery.

— Face Washing, Shower & Makeup



Precautions After Facial Contouring

1. **You can take a shower or gently wash your hair. However, do not let the water touch the wound next to the ear & cheekbone.** If the wound got wet accidentally, please dry it using hair dryer.
2. Saunas & steam baths are not allowed for 1-month after surgery.

— Guidance on Wearing Compression Facial Garment

1. The compression facial garment helps to reduced pain, swelling, bruising, and bleeding throughout the healing process. **You should wear the compression facial garment for only 1-week after surgery and you should wear it continuously for the first 2-days after surgery. Starting from the 3rd day, it is recommended to wear it for 1 hour and take it off for 20-30 mins, then repeat the process. *You don't have to wear the compression facial garment while eating or sleeping.**
2. Wearing the compression facial garment too tight can interfere with blood circulation, causing hair loss and headaches. Therefore, **when wearing it, please avoid wearing it too tight.**

— Post-Surgery Progress

1. **If you notice blood flowing out of your mouth and nose, do not blow it. Wipe it off or gently spit it out.**
2. You might experience numbness in the surgical area or your skin doesn't feel like yours and experience tingling around it. Rest assured, these symptoms are normal and part of the recovery process. They gradually recover over several months.
3. **If you have undergone cheekbone surgery, please do not blow your nose as it can cause pressure to the surgery area. Avoid doing it for at least 1 month after surgery.**

— Alcohol Drinking & Smoking

Alcohol and smoking are prohibited for 1 month.

: Alcohol may cause inflammation around the surgical area and delay recovery.

: Smoking may also delay recovery and cause scarring.

— Emergency Hotline



Precautions After Facial Contouring

If you have any of the following symptoms, please call the hospital or the office number of your consultant before coming in.

If you need to contact the hospital immediately

- If you have difficulty breathing
- If you are bleeding profusely
- If you have a high fever of 38 degrees or more or have severe dizziness
- If you have extreme swelling of the wound or a change in skin colour

After business hours

During business hours

Mon–Thu: until 7 PM | Fri: until 9 PM |
Sat: until 5 PM

① **Contact your consultant on the office number**

② Emergency contact: **02.512.1288**

