

Hospital discharge guidelines note

— 1. Meal Guidelines

Meal

Soft foods and liquid foods are allowed from the time guided by the hospital.

Liquid-Meal Diet

- Recommended : Rice gruel, porridge, soy milk, smoothies, mild broths
- Foods to Avoid : Hot, spicy, or salty foods (increase swelling & risk of inflammation), hard or chewy foods

⊘ **No caffeine, carbonated drinks, or alcohol for ONE month**

— 2. Cold & Warm Compress (For Swelling & Bruising Relief)

Cold Compress

- **Essential for the first 2-3 days post-surgery (Use ice packs).** (For Fat Grafting and Lifting Surgery : Avoid doing compress therapy)
 - Apply compresses only around the forehead and eye area for one day.
 - Wrap the compress with a towel to prevent direct contact with the skin.
- ⊘ **Do not apply cold compress directly to the nose area!**

Warm Compress

⊘ **Warm compresses can be used starting from the 4th day after surgery, but only after receiving approval from the hospital. Avoid using them until instructed.**

— 3. Wound Care

Ointment Application

Apply the prescribed eye ointment (antiseptic ointment) **TWICE a day (morning & night) using a cotton swab / cotton bud** on the wound area. Apply it thinly.

Nose Splint & Tape Maintenance

Keep the splint/tape on for ONE WEEK post-surgery. Do NOT remove it on your own.

— 4. Hygiene & Physical Activity

Washing Face & Showering



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- **Light facial cleansing is allowed 24 hours after stitch removal.**
- Take showers with lukewarm water, avoiding direct contact with the incision site.
- ⊘ **No sauna, hot springs, or swimming for ONE month.**

Exercise

Light walking is allowed, but avoid bending the head down or intense physical activity for ONE MONTH.

— 5. Emergency Hotline & When to Seek Help

Contact the hospital immediately if you experience

- Persistent heavy bleeding
- High fever (38°C or above) or severe dizziness
- Excessive swelling or skin discoloration at the wound site

Contact Information

- ① Contact the assigned manager's work phone number
- ② 24 hour emergency contact: **02.512.1288**

