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

⊘ **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

Hospital discharge guidelines note

- **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**