

Precautions After AccuSculpt

— Posture

Try to maintain sleeping on your back with the surgical sites elevated above your heart for the first few days after surgery as it can help reduce swelling.

— Meals

As soon as you recover from surgery, it is recommended that you exercise and control your eating habits. Ensure that you do not consume meals that are high in calories. Keeping your physical activity level moderate is recommended.

— Swelling

1. Swelling occurs much larger or worse when more body parts are involved in liposuction. Depending on the body part, bruises can sometimes last about 1-3 weeks. Within 3-4 weeks, approx. 70~80% of the swelling will gradually subside.
2. It takes approx. 1-month after surgery for the major swelling to subside and the remaining minor swelling will gradually subside around 2~3 months. Therefore, it may take you about 3 months after surgery to see and compare the effect objectively.

— Wound Care

You might experience some amount of red-kind of discharge coming out of the treated area for 1~2 days after surgery. It may look like blood but it is not, so rest assured, don't panic. Wipe it off with a clean towel.

— Guidance on Wearing Compression Bodysuit or Facial Garment

1. The compression facial garment helps to reduced pain, swelling, bruising, and bleeding throughout the healing process.
2. 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.
3. 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.



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— Face Washing, Shower & Makeup

1. Do not let the surgical area, especially the stitches area get in contact with water. Please applied a waterproof bandage/transparent dressing before taking a shower.
2. Do not take off the tape at the jaw line for 7 days.

— Exercise

You can start doing light exercise 2-weeks after surgery, and for strenuous exercise, it is recommended to do it 1-month after.

— 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. Painkiller is already prescribed in your prescription, but if you still feel pain even after taking it, you can also take Tylenol (aka Panadol, Paracetamol), but it must in the right dosage.
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, unless it is necessary)
4. It is advised not to take anti-inflammatory medicines because it can cause bleeding.

— Alcohol Drinking & Smoking

Smoking and drinking are prohibited for 1 month after surgery due to their negative effects on bleeding, wound healing progress, and infection.

— Post-Surgery Progress

The skin pulling and tightening after surgery is the most severe in the first month due to the pleural flesh inside the liposuction area, and it will be released over the next three to six months, and massage or management programs will help.

— Emergency Hotline



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If you experience difficulty in breathing or severe dizziness within 1-2 days after surgery, please contact our hospital ([02.512.1288](tel:02.512.1288)) or our consultant-in-charge IMMEDIATELY and make a visit to our hospital.

