

- 01** Swelling may degenerate for 1 week after the surgery, but it will subside gradually.
- 02** Use an Ice-pack on the surgical area for 7 days after the surgery. When using the ice-pack, please place a thin towel or gauze on the area.
- 03** Facial wash and wearing makeup is allowed 1 day after surgery.
- 04** Please do not remove bandages, dressing, and casts until a clinic nurse removes it for you.
- 05** Please avoid taking a massage, radio frequency, and thermotherapy for 4 weeks after the surgery.
- 06** If you have been taking certain medications for blood circulation, aspirin-related drugs, health supplement, etc., please start taking them again after 1 week from the surgery as it may cause bleeding.
- 07** Avoid heavy exercises such as aerobics and working out at gym for 4 weeks after the surgery. Taking a walk is recommended.
- 08** Quick shower can be taken the day after the stitch removal. However, please avoid saunas and hot springs for 4 weeks.
- 09** Please do not bow your head down or lie face down.
- 10** Use a soft large cushioned pillow when sleeping will help minimize the swelling and bruising. However, please make sure that your neck is not bent and you do not sleep on your side or faced down and make sure that you sleep facing the ceiling.
- 11** Only the painkiller and antibiotics that are prescribed by the clinic should be taken as directed. If the pain persists even after taking the medication, then Tylenol can be taken additionally. Please do not take painkiller that contains Aspirin as it may cause bleeding.
- 12** 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 tightening of blood vessels.
- 13** In case of emergency or any questions, please contact (+82-10-7156-6546)