

- 01** Swelling and bruise will be occurred for 7 days after the surgery and will be gradually subsided.
- 02** Use an ice-pack for 2-3days after surgery. When using the ice-pack, please place a thin towel or gauze on surgical site.
- 03** Please eat soft food such as porridge or soup for 2-3 days after surgery.
- 04** Using mouthwash is very important to prevent inflammation since there is incision inside the mouth. Please use mouthwash as often as possible and make sure to do so right after meal.
- 05** Even after sufficient amount of fat removal, the effect may not be noticeable due to swelling. Major swelling will be gone within 1 week and it takes about 1 month for minor swelling to be gone.
- 06** Running, weight lifting, or intense exercising should be resumed from 4 weeks postop except for a walk. .
- 07** Quick shower can be cone after the day of stitch removal; however, taking a bath, going to sauna and hot spring should be done from 4 weeks postop.
- 08** Please avoid bowing your head and lying face down.
- 09** When sleeping, using soft pillow will minimize swelling and bruise. Make sure your neck is not bent from the pillow and sleep straight up.
- 10** Only pain killers and antibiotics prescribed by the hospital need to be taken. If necessary, you can additionally take Tylenol which does not contain Aspirin. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 11** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can damage/necrotize skin or postpone wound recovery as it contracts vessels.
- 12** In case of emergency or any questions, please contact (+82-10-7156-6546)