



- 01** Swelling and bruises may occur for 7 days after surgery. They will subside gradually (individual differences exist.)
- 02** Use an Ice-pack on surgical area for 7 days after surgery. When using the ice-pack, please place a thin towel or gauze over the icepack
- 03** Face wash is allowed from the day after stitch removal. Make up should be worn after 2 weeks.
- 04** It is better to avoid contact lenses for 4 weeks after surgery. You may wear glasses or sunglasses during these period.
- 05** Avoid heavy exercises such as aerobics and working out at gym for 4 weeks after surgery. Taking a walk is recommended.
- 06** Quick shower can be taken the day after surgery. Avoid going to saunas and hot springs for 4 weeks.
- 07** Please do not bow your head down or lie face down.
- 08** Use a soft, large cushioned pillow when sleeping as it minimizes 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.
- 09** 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.
- 10** 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.
- 11** In case of emergency or any questions, please contact (+82-10-7156-6546)