

Pre-Operative Precautions

Pre-Surgery Precautions



Health Conditions

- If you are pregnant or may be pregnant, or if you have conditions such as high blood pressure, diabetes, thyroid disorders, asthma, or a history of heart, lung, liver, kidney, or brain surgery, or if you have undergone cancer treatment, please inform us in advance. If necessary, you may need a consultation with the anesthesiologist and additional tests to ensure there are no issues.
- If you have allergies or have experienced abnormal reactions to medications (such as itching, hives, or breathing difficulties), please let us know in detail. This will allow us to avoid using medications containing the triggering ingredients during anesthesia.
- If you have chronic anemia, it may worsen after surgery. Therefore, a pre-operative evaluation and treatment for anemia may be required.
- If you experienced a fever, cough, sputum, or cold symptoms within 1 week before surgery, please inform us.
- For medications taken for systemic conditions such as high blood pressure, diabetes, or thyroid disease, as well as hormonal medications related to the menstrual cycle, you may continue taking them after consulting the clinic. However, please stop taking Aspirin, aspirin-related medications, painkillers, hormonal supplements, herbal medicine, vitamins, or diet pills at least 1 week before surgery.
- If your surgery date overlaps with your menstrual cycle, please inform us in advance.

Alcohol & Smoking

- Smoking slows down wound healing and increases the risk of infection. We recommend stopping smoking as soon as your surgery is scheduled.
- Alcohol can affect liver function and the metabolism of anesthetic drugs, so please avoid alcohol for at least 1 week before surgery.

Day Before & Day of Surgery

- From 8 hours before surgery, do not eat or drink anything, including water, candy, or gum.
- On the day before surgery, eat a full meal and make sure to get sufficient sleep.
- Your exact surgery time will be confirmed the day before surgery. If you do not receive a call from the clinic, please contact us to confirm.
- Remove nail polish and pedicure from your thumbs and index fingers. Wear comfortable clothing without rings, necklaces, or other accessories.
- Take a thorough shower and wash your face before coming in for surgery.
- For facial contouring surgery: brush your teeth carefully before arriving.
- For body contouring surgery: do not apply body lotion, and wear warm, zippered, or button-up clothing.
- Do not wear makeup on the day of surgery. Please remove contact lenses and eyelash extensions before arriving.
- Arrive at the clinic 1 hour before your scheduled surgery time. If you are being discharged the same day, please do not drive yourself.
- Use public transportation on the day of surgery whenever possible.
- For inpatients: caregivers cannot stay overnight at the clinic, and visiting hours are available until 7:00 p.m.

※ Please note that individual recovery may vary, and the guidance provided by your medical team may differ from the instructions above.