

# Face Contouring

## Post-Surgery Precautions

✉ WhatsApp



### Position

- For the first week after surgery, sleep on your back with a pillow between your back and neck, keeping your face slightly elevated above the level of your heart. Your face should face upward.
- After 1 week, you may sleep on your side. However, if you had zygoma (cheekbone) surgery, avoid sleeping on your side for at least 1 month. Occasional side sleeping is not a major problem.

### Diet

- Six hours after surgery, you may start drinking water. If comfortable, begin with soft foods such as porridge, soft bread, tofu, fish cake, steamed eggs, or finely chopped side dishes.
- It usually takes about 2 weeks for intraoral wounds to heal. During this time, avoid spicy or salty foods as they may irritate the incision.
- Drink at least 1 liter of cold water daily to stay hydrated.
- Avoid hard or chewy foods for 1 month after surgery. From 1 month onward, tougher foods such as grilled pork belly can be eaten safely.

### Swelling

- Swelling and bruising typically worsen during the first 3 days, then gradually improve over 2–4 weeks depending on the individual.
- For the first 3 days, use cold compresses to help reduce swelling.
- From Day 4 onward, use warm compresses (with caution to avoid burns) and begin light walking. Walking improves circulation and helps reduce swelling. Avoid fast walking that causes shortness of breath—slow, longer walks are recommended.

### Wound Care & Bandages

- For about 7 days after surgery, rinse with the prescribed mouthwash every 2–3 hours to keep the inside of the mouth clean. Be especially diligent after meals and before bedtime. Continue thorough care until at least 2 weeks post-op.
- Use the prescribed oral antiseptic solution twice daily (morning and evening). Rinse with water 10 minutes after use.
- Avoid inflating your cheeks or blowing air into your mouth. Remove any food that becomes trapped in the incision area after meals.

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



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- Tooth brushing can begin on Day 7 using a soft baby toothbrush. Brush only your teeth carefully, avoiding the incision and gum areas.
- Dissolvable stitches are used inside the mouth. These gradually dissolve and fall out over about 3 weeks. The material is safe, so accidental swallowing is not harmful.
- Wear the compression band continuously for the first 3 days after surgery. Afterward, wear it in the morning and evening for 1 hour each until 1 month post-op.

### Washing & Hygiene

- Until stitches or surgical tape are removed, clean the face with a wet towel, avoiding the incision areas. Body showers are allowed.
- Avoid saunas for at least 1 month after surgery.

### Exercise

- From Day 4, begin light walking to promote circulation and reduce swelling. Avoid fast walking or strenuous activity.
- From 1 month after surgery, all types of exercise are generally allowed. Before then, avoid exercises that increase blood flow to the face.

### Medication

- Take all prescribed medications regularly at the designated times. If you experience diarrhea, rash, or any abnormal symptoms after taking the medication, contact the clinic immediately.

### Alcohol & Smoking

- Avoid alcohol and smoking for at least 1 month after surgery. Both can increase the risk of bleeding, infection, and delayed wound healing.

### Dental Treatment

- Dental treatment can usually be resumed 2 weeks after surgery, once intraoral wounds have healed. Please note, however, that you may have some difficulty opening your mouth fully, so proceed carefully.
- Wisdom teeth extraction is directly related to square jaw surgery:
- Lower wisdom teeth extraction should be delayed until at least 6 months after square jaw surgery, since the bone requires 6 months to heal fully.
- Upper wisdom teeth may be extracted 2 weeks after surgery.

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