

Face Contouring Lift Post-Operative Precautions

- Please **wear the compression band continuously for the first 3 days after surgery.** After that, wear it for 1 hour in the morning and 1 hour in the evening for up to 1 month.
- If you had deep cheek fat removal, it takes about 2 weeks for the inside of the mouth to heal.
- You may wash your face with water starting **1 day after** stitch removal, and from **2 days after** stitch removal, you may use soap, shampoo your hair, and wear makeup except on the surgical area.
- Until the stitches and tape are removed, you may only shower below the face. For the rest of the face, excluding the incision area, please gently wipe with facial cleansing wipes.
- You may **drink water 6 hours after surgery.** If you do not feel any discomfort, **begin with thin rice gruel or porridge,** then move on to **soft foods** such as soft bread, tofu, fish cake, and steamed egg. **Spicy or strongly seasoned foods should be avoided for 2 weeks.**
- **The outer stitches are usually removed 7 to 10 days after surgery.** The stitches inside the mouth are **dissolvable** and safe if swallowed, so they do not need to be removed. **They will gradually dissolve over about 4 weeks.**
- **A tight sensation, numbness, firmness, or unevenness of the skin is part of the normal healing process.** If you also had a thread lift, **you may feel pain or tightness in the temple area, which can make chewing uncomfortable,** but these symptoms usually **improve gradually over the course of several weeks.**

General Post-Operative Care Instructions

- **Alcohol and smoking are strictly prohibited for 1 month** after surgery, as they may **cause bleeding and inflammation.**
- Apply **cold compresses for the first 3 days** after surgery. **Starting from day 4, use warm compresses for up to 1 month** to help reduce swelling and bruising.
- **Walking is very helpful for reducing swelling. From day 4 after surgery, please take slow, extended walks to promote blood circulation. Regular exercise may be resumed 1 month after surgery.**
- Avoid bending your head downward after surgery. **For the first week, sleeping on your back with your upper body elevated** will help reduce swelling. If sleeping too upright feels uncomfortable, adjust the elevation to a level that is comfortable for you.
- **Swelling and bruising usually worsen gradually during the first 3 days after surgery,** then slowly improve over the following 2 to 4 weeks. Recovery may vary depending on individual factors such as environment, diet, blood circulation, skin type, and post-operative care.
- **Do not take aspirin or vitamin E** for 1 week after surgery, as they **may increase the risk of bleeding.**
- Please take all prescribed medications regularly and on time after discharge. If you develop symptoms such as diarrhea or hives after taking the medication, please contact the clinic.
- If you experience sudden severe swelling, warmth, pain, or changes in skin color, please contact the clinic immediately.



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