

Face Contouring Surgery Post-Operative Precautions

- **Wear the facial compression band continuously for the first 3 days after surgery.** After that, continue wearing it **for 1 hour in the morning and 1 hour in the evening for up to 1 month.**
- You may **sleep on your side starting 1 week after surgery.** However, if you have had **cheekbone reduction surgery, it is best to avoid sleeping on your side for 1 month.** Briefly lying on your side from time to time is generally fine.
- **Stitches are usually removed 7 to 10 days after surgery.** Until the stitches and tape are removed, you may **only shower below the face,** and the rest of the face, except for the incision areas, should be gently wiped with facial cleansing wipes. From **1 day after stitch removal,** you may wash your face with water. From **2 days after stitch removal,** you may use soap, shampoo your hair, and apply makeup, except on the surgical areas.
- You may **start drinking 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.**
- Please **drink at least 1 liter of water per day to stay well hydrated.**
- **For 7 days after surgery, use the mouthwash** you purchased **every 2 to 3 hours** to keep the inside of your mouth clean. In particular, **you must use the prescribed mouthwash after waking up and before going to bed.**
- **Brushing your teeth is allowed from 7 days after surgery. Use a baby toothbrush and a mild toothpaste, and brush only the teeth carefully, avoiding the gums and incision lines.** The stitches inside the mouth are **dissolvable** and safe if swallowed. They will gradually dissolve over about 4 weeks, so **stitch removal is not necessary.**
- **For 1 month after any facial contouring surgery, you must avoid hard or tough foods.** After 1 month, foods with a firmer texture, such as pork belly, are generally allowed.

- Dental treatment is possible **from 2 weeks after surgery**. However, wisdom tooth extraction is related to square jaw surgery. **After square jaw surgery, extraction of the lower wisdom teeth is possible after 6 months, while extraction of the upper wisdom teeth is possible after 2 weeks**. Since your mouth may not open fully, please **avoid overstraining during treatment**.

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 flat on your back with your upper body elevated will help reduce swelling**. If sleeping too upright feels uncomfortable, adjust the height of your upper body to a level that feels comfortable for you.
- **Swelling and bruising usually become worse during the first 3 days** after surgery, then gradually subside 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 on time and as directed 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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WhatsApp

+82 10 3141 4711 WhatsApp

B1, Aratower, 3, Seocho-daero 77-gil,
Seocho-gu, Seoul

consult@made-young.co