

Implant Surgery Post-Operative Precautions

- Stitches are usually removed **10 to 14 days after surgery**. 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**.
- **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.**
- **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.**
- In the case of a forehead implant, you may need to keep the drain in place for several days. This helps remove blood and fluid from the surgical area and supports faster recovery. In some cases, **if blood collects after the drain is removed, it may be aspirated with a syringe** if necessary.
- If there is an incision inside the mouth, **tooth brushing is allowed starting 7 days after surgery. Use a baby toothbrush and a mild toothpaste, and brush only the teeth carefully, avoiding the gums and incision line.** The stitches inside the mouth are **dissolvable** and safe if swallowed. They will gradually dissolve over about 4 weeks, **so no separate stitch removal is needed.**
- **For 1 month, it is best to avoid hard or tough foods. After 1 month, foods with a firmer texture, such as pork belly, are generally allowed.**
- Scalp treatments, vigorous shampooing, and sauna use are allowed starting 1 month after surgery.

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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WhatsApp

[+82 10 3141 4711 WhatsApp](tel:+821031414711)

[B1, Aratower, 3, Seocho-daero 77-gil, Seocho-gu, Seoul](#)

consult@made-young.co

