

Pre-Operative Precautions

Important Information You Must Tell Us Before Surgery

- Please let us know in advance if you may **be pregnant or if you have any medical conditions** such as anemia, high blood pressure, diabetes, thyroid disease, asthma, or glaucoma.
- Please inform us **if you have ever had surgery** related to the heart, lungs, liver, kidneys, or brain, or if you have previously received chemotherapy.
- Please let us know if you have had symptoms such as **a high fever, phlegm, cough, or a cold** during the week before surgery.
- **If you have ever had an allergy or an unusual reaction to medication**, please tell us in advance which medication caused it and how severe the reaction was, such as itching, hives, or difficulty breathing. **This helps us avoid medications containing the same ingredients during anesthesia.**
- Anemia may worsen after surgery, so **evaluation and treatment for anemia may be needed before surgery.**

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- If you are taking medication related to high blood pressure, diabetes, thyroid disease, or the menstrual cycle, **please consult the clinic before continuing use.**
- **Medications and supplements such as aspirin, arthritis medication, omega-3, herbal medicine, garlic, ginseng, red ginseng, hormone medication, and pain relievers may interfere with normal blood clotting.** Because they may prolong bleeding after surgery, **please stop taking them at least 1 week before surgery.**
- **Please do not drink alcohol or smoke from 10 days before surgery until 1 month after surgery.** Alcohol and smoking may **cause bleeding and inflammation** and can negatively affect recovery, so **they must be strictly avoided.**
- **Please remove nail polish or gel polish from your thumb and index finger, remove pedicure** if applicable, **remove eyelash extensions**, and **take off all**

accessories before coming in.

- After surgery, you will not be able to use public baths, saunas, hot compress treatments, hair dye, or perms for up to 2 months, so please take care of these in advance if needed.

Important Instructions for **Before Surgery / On the Day of Surgery**

- Because of anesthesia, **you must not eat or drink anything for 8 hours before surgery, including water, gum, candy, and all other food or beverages.**
- It is recommended that **you shower or wash thoroughly either the night before surgery or on the morning of surgery.**
 - **For facial contouring surgery: please brush your teeth** thoroughly before coming in on the day of surgery.
 - **For body contouring surgery: please do not apply body lotion** on the day of surgery, and **wear comfortable clothing** that is easy to remove, such as a zip-up top or button-up shirt.
 - **For other surgeries: please do not wear makeup** on the day of surgery, and **remove your contact lenses** before coming in.
- Please **arrive at the clinic 1 hour before** your scheduled surgery time, and **do not drive yourself.**
- It is recommended that you **bring a scarf, hat, or other item that can help cover your face** after surgery.
- If you are being admitted to the hospital, please note that **guardians are not allowed to stay overnight at the hospital, and visiting hours are only until 7:00 PM.**



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