

01 General Anesthesia

- 1) Use a humidifier for 2-3 days after surgery and take a deep breath and spit out phlegm well.
- 2) Keep fasting until the bowel movement is active after surgery (approximately 5 hours after surgery).
- 3) It is recommended to quit smoking and drinking for 2 weeks after surgery.
- 4) It is recommended not to take aspirin or hormone pills as before surgery.
- 5) Those who have already been diagnosed with hypertension or diabetes before surgery should continue taking prescribed blood pressure medicine and diabetes pills.

02 Oral Hygiene

- 1) Keep fasting for a certain time after surgery. Fasting time is set individually after surgery.
- 2) Consuming food will start with water, milk, water gruel, porridge and so on gradually.
- 3) Eating soft food rather than solid food for about 2 weeks after surgery is required.
- 4) Tooth brushing cannot be done for 2 weeks after surgery. Rinse mouth several times (more than 10 times) with clean water immediately after food consuming and finish with gargle solution.
- 5) Suture inside the mouth will dissolve itself; therefore, there is no need to remove it separately.
- 6) Take antibiotic and prescribed medication well to prevent inflammation.

03 Swelling after Surgery

- 1) Patient will be wearing compression facial mask for 5 days after surgery to reduce swelling.
- 2) Sleeping with head slightly higher than heart will lessen swelling. At this time, do not make pillow higher, but elevate entire upper body obliquely.
- 3) Rather than keep lying down, it is more helpful to do light daily activity.
- 4) There could be swelling around eyes. At this time, using ice pack around eyes could be helpful.

04 After Cheekbone Reduction Surgery

- 1) Beware of impact on the cheekbone area for several months after surgery.
- 2) It is advised not to chew hard food for the first 3 months and do not open mouth too wide and do not clench teeth too hard. It is recommended to use soft pillow to prevent cheekbone being severely pressed when sleeping.

05 Hospital Visiting Days

- 1) 4-5 days after discharge – Surgical site treatment and check condition
- 2) 5-7 days after surgery – Surgical site stitch removal (only for the patient who had cheekbone surgery)
- 3) 2 weeks after surgery – Checking wound inside the mouth (if the wound inside the mouth is clean, brushing teeth lightly can be done from 2 weeks after surgery)

In case of any questions or emergency, please contact (+82-10-7156-6546)