

- 01** Swelling and bruise will be occurred for 7 days after surgery and will be gradually subsided.
- 02** Use an ice-pack for 2-3days after surgery. When using the ice-pack, please place a thin towel or gauze on the surgical area and apply the ice-pack.
- 03** Please eat soft food such as porridge or soup for 1 week after surgery and still avoid hard food for another 1 week as it may hurt incision inside the mouth.
- 04** Gargling is very important to prevent inflammation since there is incision inside the mouth. Please gargle your mouth as often as possible and make sure to gargle right after meal.
- 05** The speed of swelling subsiding on lips varies among individuals. Swelling can be gone within 1 month or it can rarely last more than 3 months.
- 06** Move your lips by saying 'A, E, I, O, U' for 30minutes per day from 3 weeks after the surgery in order to avoid contracture.
- 07** Heavy exercise such as aerobics or working out at a gym should be done 4 weeks after surgery except taking a walk.
- 08** Quick shower can be done on the day after the surgery. However, sauna or hot spring should be avoided for 4 weeks.
- 09** Please avoid bowing your head and lying face down.
- 10** When sleeping, using soft pillow will be helpful to minimize swelling and bruise. However, please make sure your neck is not bent from the pillow and you should not lie on your sides.
- 11** Only pain killers and antibiotics prescribed by the hospital need to be taken. If necessary, you can additionally take Tylenol which does not contain Aspirin. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 12** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can damage/necrotize skin or postpone wound recovery as it contracts vessels.
- 13** In case of emergency or any questions, please contact (+82-10-7156-6546)