

### **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)