

- 01** Swelling may degenerate for 1 week after the surgery, but it will subside gradually.
- 02** Use an Ice-pack on the surgical area for 7days after surgery. When using the ice-pack, please place a thin towel or gauze on the area.
- 03** It is recommended to eat only soft foods such as thin rice gruel, or soups for 2~3 days after the surgery. And avoid food containing small bits for another week since it can cause negative effects on the incisions.
- 04** Please gargle your mouth as often as possible, to prevent inflammation. Make sure you gargle your mouth right after each meal.
- 05** Prosthesis may be moved around when it is pressured, so make sure nothing forces pressure near your chin area.
- 06** Avoid heavy exercises such as aerobics and working out at gym for 4 weeks after the surgery. Taking a walk is recommended.
- 07** Quick shower can be taken the day after the stitch removal. However, please avoid saunas and hot springs for 4 weeks.
- 08** Please do not bow your head down or lie face down.
- 09** Use a soft large cushioned pillow when sleeping will help minimize the swelling and bruising. However, please make sure that your neck is not bent and you do not sleep on your side or faced down and make sure that you sleep facing the ceiling.
- 10** Only the painkiller and antibiotics that are prescribed by the clinic should be taken as directed. If the pain persists even after taking the medication, then Tylenol can be taken additionally. Please do not take painkiller that contains Aspirin as it may cause bleeding.
- 11** Drinking alcohol and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can prolong the recovery of scars as it causes tightening of blood vessels.
- 12** In case of emergency or any questions, please contact (+82-10-7156-6546)