

Precautions After Alar Reduction Surgery

1. When sleeping or lying down, keep the surgical site elevated above heart level. Avoid keeping your head bent forward for long periods. Using pillows or cushions for about 3 days is recommended, and avoid lying down for extended periods.
2. Take care to avoid trauma, bumping, or irritation to the nose after surgery.
3. Daily activities are possible, but for 4 weeks avoid saunas, alcohol, smoking, swimming, massages, and public baths.
4. Until stitches are removed, only wash the areas excluding the surgical site.
5. If the surgical site suddenly becomes painful, red, and swollen, contact the hospital and visit immediately.
6. Avoid flaring your nostrils.

<Within the first 3 days after surgery>

- **Cold compresses:** Keep the ice pack in the refrigerator and apply repeatedly around the nose. It is recommended to apply for about 10–20 minutes at a time, frequently, for 3–5 days.

⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.



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