

Precautions After Philtrum Reduction Surgery

1. For the first 1–2 days after surgery, light bleeding may occur. Gently wipe any flowing blood with tissue. (Do not blow your nose or touch the tape applied around the philtrum area.)
2. 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.
3. Do not touch or irritate the suture site.
4. Avoid flaring your nostrils or opening your mouth too widely.
5. Daily activities are possible, but for 4 weeks avoid saunas, alcohol, smoking, swimming, massages, and public baths.
6. Until stitches are removed, only wash the areas excluding the surgical site.
7. If the surgical site suddenly becomes painful, red, or swollen, contact the hospital and visit immediately.

<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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