Post-Operative Instructions for Double Chin Liposuction / Double Chin Lift

Please follow the instructions below carefully after your double chin liposuction or double chin lift surgery to support proper healing and recovery.

1. Position and Rest

- For the first 48 hours after surgery, it is best to avoid excessive activity and get plenty of rest.
- For up to 1 week after surgery, sleep with your upper body elevated so that your head is positioned higher than your heart. This can help reduce swelling.
- Please sleep on your back with your face facing upward. Avoid sleeping on your side or stomach.

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2. Diet

- For 2–4 weeks after surgery, avoid hard or chewy foods and avoid opening your mouth too wide.

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3. Swelling and Bruising

- Swelling and bruising may increase during the first 48 hours after surgery, then gradually improve over the next 2–4 weeks.
- Recovery speed may vary from person to person.
- Apply a gentle cold compress for the first 3 days after surgery. After that, applying a gentle warm compress for about 1 week may help reduce swelling and bruising.

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4. Incision Care and Compression Band

- Keep the surgical area clean. If disinfection is needed, please follow the clinic's instructions.
- Please wear the facial compression band as continuously as possible until your stitches are removed. After that, until 1 month after surgery, wearing the band at home for 1–2 hours in the morning and evening can help maintain the contour and reduce swelling.
- Make sure the band is not too tight. If you experience significant pain or discomfort, you may remove it temporarily.

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5. Face Washing, Showering, and Hair Washing

- Until your stitches are removed, avoid getting water on the surgical area. Please wash only the areas that can be safely cleaned without touching the surgical site.
- Showering and hair washing are allowed, but please be careful not to let water directly touch the surgical area.
- Avoid direct sunlight for 3 months after surgery. When going outside, wear a hat or apply sunscreen.
- Avoid saunas and Korean bathhouses/jjimjilbangs for 1 month after surgery.

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6. Stitch Removal

- Stitches are usually removed about 7 days after surgery.

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7. Exercise and Daily Activities

- Light daily activities may usually be resumed from 1 week after surgery.
- Light exercise is recommended from 2–3 weeks after surgery, while strenuous exercise should be avoided until at least 4 weeks after surgery.

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8. Medication

- Please take your prescribed medication regularly and exactly as directed.
- If you experience any unusual reactions after taking the medication, such as diarrhea or hives, please contact the clinic.
- Avoid aspirin, vitamin E, and similar products for 1 week after surgery, as they may increase the risk of bleeding.

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9. Alcohol and Smoking

- Alcohol and smoking may increase the risk of bleeding, delay wound healing, and increase the risk of infection. Please strictly avoid alcohol and smoking for at least 1 month after surgery.

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10. Recovery Process

- In the early recovery period, the surgical area may feel firm or hard due to swelling and tissue reaction. This is a normal part of the healing process.
- From around 1 month after surgery, the tissue gradually becomes softer, and the jawline and neck contour will begin to look more refined and slimmer.
- Temporary asymmetry or unevenness may occur during the swelling and tissue recovery process. This usually improves gradually over time.

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11. Emergency Situations

- Please contact the clinic immediately and visit the clinic if you experience sudden severe swelling, pain, bleeding, heat, or changes in skin color within the first 48 hours after surgery. In particular, if bleeding from the surgical area continues or increases in amount, please contact the clinic immediately.

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