Pre-Operative Instructions

Please review the following instructions carefully before your surgery to help ensure a safe procedure and smooth recovery.

1. Health Conditions and Medications

- **Medications and supplements:** Please stop taking aspirin, hormone medications, anti-inflammatory painkillers, vitamin E, and supplements such as omega-3, red ginseng, garlic extract, and similar products 1 week before surgery.
  These medications and supplements may increase bleeding during surgery and can worsen bruising and swelling after surgery.
- **Medical conditions:** Please inform us in advance if you are pregnant or may be pregnant, or if you have any medical conditions such as high blood pressure, diabetes, thyroid disease, asthma, or any other internal medical condition. You should also let us know if you have a history of surgery related to the heart, lungs, liver, kidneys, or brain, or if you have previously received cancer treatment.
- **Current medications:** If you are currently taking any medications, such as blood pressure medication or diabetes medication, please inform us during your consultation. Blood pressure medication may usually be taken on the morning of surgery with a very small amount of water.
- **Cold, fever, or cough:** If you have a severe cold, fever, or persistent cough before surgery, please contact the clinic in advance. These symptoms may affect your airway and could interfere with anesthesia or surgery.
- **Menstruation:** Having your period does not usually affect the surgical result. However, bruising and swelling may be slightly more noticeable than usual.

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2. Food and Drink

- **For sedation anesthesia:** Please do not eat or drink anything, including water, gum, or candy, for 4–6 hours before surgery

3. Hygiene and Clothing

- **On the day of surgery:** Please wash your face thoroughly on the morning of surgery. Do not wear makeup, including eye makeup. Basic skincare such as toner or lotion is acceptable unless otherwise instructed.
- **Hair care:** If your surgery involves an incision on the scalp, please shampoo your hair on the morning of surgery. Do not use conditioner, hair treatment products, hair oil, wax, spray, or any other styling products.
- **Clothing:** Please wear comfortable clothing that is easy to put on and take off, such as a button-up shirt or zip-up top. Avoid clothing that needs to be pulled over your head, as it may irritate the surgical area after surgery.
- **Jewelry and nails:** Please remove all jewelry before coming to the clinic, including rings, earrings, necklaces, and piercings. At least one fingernail must be free of nail polish or gel nails so that we can accurately monitor your oxygen level during surgery.

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4. Additional Precautions

- **Smoking and alcohol:** We strongly recommend avoiding smoking and alcohol from 1 week before surgery until at least 4 weeks after surgery. Nicotine and alcohol can delay wound healing and increase the risk of inflammation or complications.
- **Driving:** Do not drive yourself on the day of surgery. Your vision may be temporarily affected, or you may still feel drowsy from anesthesia. Please arrange for a guardian to accompany you or use public transportation.

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