



Haru Clinic

Precautions After Procedures

It's common to experience some swelling and bruising following your surgical procedures. Please follow these precaution instructions for your best recovery:

1. Please avoid touching or handling the surgical area to prevent secondary infection.
2. Apply cold compresses for the first 4 days post-surgery using a thin towel over ice packs.
3. Sutures will be removed on the fifth day after surgery (except for embedded sutures).
4. You can shower and clean areas other than the surgical site but be careful not to get the site wet. Normal cleansing and makeup application are possible two days after suture removal.
5. When washing your face, please avoid rubbing your eyes as the sutures could come undone.
6. Post-surgery, it's common to experience increased eye discharge or watery, blood-tinged tears. External bleeding aids recovery, but sudden swelling could indicate internal bleeding—contact the clinic if this occurs.
7. Please don't sleep on your stomach or side; rest in a face-up position.
8. Excessive sleep or lying down can lead to prolonged swelling; resume normal activities and stay upright as much as possible to reduce swelling.
9. Swelling may subside asymmetrically in both eyes leading to temporary unevenness.

See you
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visits at Haru



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10. Please apply eye drops four times a day—morning, noon, evening, and before bed—for three days.
11. Please avoid saunas and hot bath for 2-3 weeks.
12. Be cautious not to open the incision or separation site, mainly if you had a canthoplasty or epicanthoplasty.
13. Hardness and redness of the surgical area may last for about 3 weeks; full softening can take up to 6 month.
(Sometimes pimple-like bumps may appear near the epicanthoplasty area but generally subside over time.)
14. After epicanthoplasty, the eyes might appear asymmetrical while healing.
15. Redness in the whites of the eyes can occur, yellow blister-like spots may appear, and if lateral canthoplasty was performed, the area may look inflamed—it will settle down with time, so avoid touching it.
16. Follow-up checks are possible within one month post-surgery.
17. Please avoid alcohol and smoking for four weeks after surgery as they can slow healing and increase the risk of complications.

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