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CHEEK / CHIN AUGMENTATION POST-OP INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Bed rest with at least 2-3 pillows under your head for first 48 hours.
3. You may go to the bathroom with assistance as needed.
4. Take medications according to instructions on bottles. If you are taking pain medications that make you feel drowsy, have someone else give you your medications according to the proper time intervals. Under such circumstances you could forget and take them too often.
5. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find you need your pain medication less frequently.
6. Stay on a soft diet requiring little or no chewing. drink lots of liquids, at least 8 glasses per day.
7. Avoid excessive talking for one week following surgery.
8. You can expect the following:
 - Moderate discomfort - use pain medication as prescribed.
 - For cheek augmentation - significant swelling around the eyes and cheeks.
 - For chin augmentation - tape is applied for one week to minimize the swelling.

Call the office if you are having any of the following:

1. Severe pain not responding to pain medication.
2. Marked swelling or more swelling on one side than the other.
3. Other questions or problems.

Additional Instructions

1. Avoid smoking for 48 hours after your surgery to prevent coughing and possible bleeding.
2. Do not do any heavy lifting for two weeks after surgery.
3. Do not lean over with your head lower than your chest.
4. Apply a thin layer of a petroleum ointment such as Aquaphor or A & D ointment to the suture line. It is important to keep all incisions very clean.
5. If cheek or chin implants are placed intraorally, rinse mouth with a mixture of half hydrogen peroxide and half water three times a day, especially after meals and before bedtime.
6. You may bathe or shower the first day after surgery.
7. Avoid prolonged exposure to the sun and/or heat for one month to avoid swelling.
8. No sports or strenuous activities for two weeks following surgery, including exercise walking.

Follow up visits:

1st Visit: Usually the next day after surgery.

2nd Visit: 5-7 days after surgery for suture removal.

Subsequent visits will be determined by Dr. Sheffield/Dr. Lowenstein. Post operative photographs must be taken during one of these visits.