



facial implants

post-operative instructions



- Get plenty of rest.
- Follow balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take your medication as prescribed. Do not take aspirin or any products containing aspirin.
- Avoid alcohol consumption for 3 weeks as it causes fluid retention.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- For cheek implants: Dental and oral hygiene instructions will be provided by your doctor.
- Keep head elevated to help minimise any swelling; sleep with head on 2 pillows for a few days after the operation.

activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Return to work in about 1 week.
- Avoid any activity that could bump your face for at least 6 weeks.
- Activity restrictions will be provided by your doctor.
- Massage your face with moisturising cream where you are able. Arnica cream works well.
- You may have a facial after 6 weeks.



incision care

- You may shower 48 hours post operatively
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.

what to expect with all facial implants

- Temporary discomfort, swelling, bruising, numbness and/or stiffness.

what to expect with chin implants

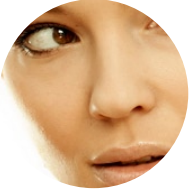
- Usually, your chin is taped to minimize swelling and discomfort.
- Bruising, swelling, numbness, and tightness and tenderness of skin for 10-14 days.
- Temporary difficulty with smiling and talking.

what to expect with cheek implants

- Ability to move your mouth and lips may be diminished temporarily.
- Bruising, swelling, numbness, and tightness and tenderness of skin for 10-14 days or longer.

appearance

- Fuller, more balanced look.
- Normal appearance in 2-4 weeks.



follow-up care

- Sutures in the skin will be removed in 5-7 days.
- Sutures used to close internal incisions usually dissolve within 10 days.

when to call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 38 degrees Celsius.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.