

## **MALAR (CHEEK) AUGMENTATION SURGERY INSTRUCTIONS**

**You will need to purchase:** Hydrogen peroxide, Q-tips, frozen peas or ice packs, and prescriptions.

**Two weeks before surgery:**

All aspirin and aspirin-like products (Ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of aspirin and aspirin-like products.)

*Please let the doctor know if you must continue these medications.*

**Evening before surgery:**

1. **NOTHING** to eat, drink, or smoke after midnight, if having general anesthesia or sedation.
2. Shampoo your hair and wash your face thoroughly, removing *all* make-up.
3. Take medications as prescribed.

**Morning of surgery:**

1. Shampoo your hair (if not done so the night before) and wash your face thoroughly.
2. Do not apply any facial creams or make-up.
3. Remove your contact lenses. You will not be able to wear them immediately post-operatively.

**After surgery:**

1. Relax and keep your head elevated using at least 2 pillows under the head and shoulders for at least the first 72 hours. A reclining chair works well. Keeping your head above your chest will help minimize facial swelling and bruising.
2. Apply ice packs or frozen-pea packs to face, intermittently, for the first 72 hours. Use a thin washcloth or gauze between the plastic and your skin. Apply ½ hour on, and ½ hour off while awake.
3. Take your pain medication every 4-6 hours, if needed. Always take narcotic pain medicine with food to decrease nausea. If you have minimal pain, take Extra Strength Tylenol **ONLY**. **Do not take aspirin or aspirin-like products.** If you have no pain, do not take anything.
4. Diet should consist of *clear liquids only* for the first 24 hours following surgery. You may advance your diet to *full liquids* the next 24 hours. Gradually increase to *soft diet* on the 3<sup>rd</sup> day after surgery and to *full diet* on the 4<sup>th</sup> day after surgery. Advancement of diet depends on the amount of swelling present.

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5. The mouth should be rinsed gently, yet thoroughly, after eating. A mixture of equal amount hydrogen peroxide and water should be used. **Oral hygiene is very important post surgery.** A good mouthwash such as Listerine may also be used.
6. If a bolster is placed through the cheek to keep the implant in place, keep it clean and dry until removed.

**Other instructions:**

1. Sutures in the mouth are absorbable (they will dissolve).
2. You may shower and shampoo your hair the day after the procedure.
3. Watch for signs of bleeding and/or infection for 10-14 days after surgery. These signs include:
  - persistent or increasing pain
  - unusual bleeding
  - fever and /or redness of face
  - pus drainage within the mouth
4. Please call if you suspect movement of the implant or sustain an injury to the face after surgery.
5. Make-up may be applied 7 days after surgery.
6. Normal activities may be resumed after 2 weeks. Excessive strenuous activities may be resumed after 4 weeks.

**Please do not hesitate to call Dr. Sidle if you have any questions or concerns.  
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