

MALAR (CHEEK) AUGMENTATION SURGERY INSTRUCTIONS

You will need to purchase: Hydrogen peroxide, Mouthwash, 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 a list of aspirin and aspirin-like products.)
Please let Dr. Sidle or his staff 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. If you were prescribed an antibiotic, take the first dose with only a sip of water before coming to the procedure. If your procedure is in the OR, your antibiotic will be given there.
4. Remove your contact lenses. You will not be able to wear them immediately post-operatively. You may wear your glasses to the procedure.

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 3rd day after surgery and to *full diet* on the 4th day after surgery.

DOUGLAS SIDLE, MD
Facial Plastic and Reconstructive Surgery

- Advancement of diet depends on the amount of swelling present. You may use your own judgment on how to advance your diet.
5. The mouth should be rinsed gently, yet thoroughly, after eating. A mixture of equal amount hydrogen peroxide and water should be used. Listerine and prescription mouthwash also work well. **Oral hygiene is very important post surgery.**
 6. If a bolster is placed through the cheek to keep the implant in place, keep it clean and dry until removed. This is rare.

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.
Office 312-695-8182