



Postoperative Care of Cheek Augmentation Surgery

No Smoking for as much time as possible prior to surgery (at least 2 weeks), and at least 2 weeks following surgery. Nicotine causes vasoconstriction (narrowing) of vessels, which decreases the amount of oxygen and nutrients needed to heal.

Do not make decisions or sign legal documents, drive, or operate heavy machinery or drink alcohol for 24 hours after your procedure. Be in the care of a responsible adult for the first 24 hours after your procedure.

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas.

DIRECTLY AFTER SURGERY

When you wake up from cheek implant surgery you will notice tightness and numbness because of the swelling. You will have dissolvable sutures under the upper lip and possibly little steri-strips tapes on the cheeks. The tapes that help the cheek implants remain in position should remain dry and intact until the following morning. Following your cheek implant, the nurses will assist you to meet the discharge criteria: to drink liquids, walk with a steady gait, void, manage your discomfort, and have a responsible adult at home following the procedure. The nurses will review all instructions you will need for care following cheek implant surgery. You will have a postoperative appointment for wound check and tape removal, usually the next day (unless that day is a weekend day or holiday). The morning after cheek augmentation surgery, you may shower prior to the postoperative appointment.

POSTOPERATIVE INSTRUCTIONS

Wound Care

Keep dressing tapes dry and intact the evening after surgery until they are removed the next morning. Notify Dr. Brys if the tapes fall off the evening after cheek augmentation surgery. Rinse your mouth after meals, snacks and at bedtime with dilute peroxide and mouth rinse for one week. You may gently brush your teeth three days after surgery taking care to avoid trauma to the sutures.

Medications

- Most patients complain of discomfort more than pain. Use pain medication (typically Vicodin/hydrocodone) as directed/as needed. Vicodin contains Tylenol. Do not take additional Tylenol or acetaminophen while taking Vicodin.

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- Do not drive or drink alcohol while taking pain medication.
- Taking pain medication with food helps minimize nausea sometimes associated with pain medications.
- Most patients will be instructed to start the antibiotic (Keflex/cephalexin) when they arrive home following cheek augmentation surgery.
- It is not uncommon to have a low-grade fever for 24 to 48 hours following cheek implant surgery.
- Swelling medication (Medrol Dosepak/ methyl prednisolone) is typically started when you arrive home following cheek augmentation surgery. Take with food.
- Vitamin C (ascorbic acid) helps promote healing. Take for two weeks following cheek implant surgery.

Diet

Avoid dairy products for five days following your plastic surgery. Dairy products have bacteria that are not harmful if the integrity of the oral mucosa is intact. To protect the incisions from infection, avoid dairy products for five days. Advance diet from liquids to soft food (oatmeal, French toast, yogurt, soup, and pasta) to your regular diet as tolerated. Avoid food with sharp edges such as tortilla chips for ten days following cheek implants.

Activity

Rest for the entire day after cheek augmentation surgery. Sleep with head of the bed elevated or use two to three pillows for one week after your plastic surgery. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb on to your lap. No driving for one week following cheek implant surgery. One week off work is recommended; two weeks off is ideal.

Always protect your face from sunburn. At this point, a hat and sunglasses are a good idea. Following cheek implant surgery, our staff will tell you when it's okay to apply sunscreen, cosmetics or facial creams. Avoid unprotected prolonged sun exposure for three months following cheek implant to prevent swelling associated with sunburn.

Please Remember!

Swelling, bruising and disrupted sleep are very normal postoperative symptoms and will decrease as the healing process occurs. Assistance with daily activities the first two days after cheek augmentation surgery is recommended.

Final Result

Following cheek implants, it takes time for the swelling to subside and for the skin to heal. Most patients return to work one week following cheek implant surgery, however two weeks is ideal, depending on the degree of privacy one is trying to maintain. At two weeks postoperatively, swelling and bruising may be apparent to you but not to many of your coworkers and closest friends.

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Final results following cheek implants are not apparent for one full year following surgery. After three months, the changes are ever so subtle, although still important. Being perfectionists about our work, you may tell us you are pleased long before the one-year anniversary. However, we request that you follow-up with us at that time for postoperative cheek implant photographs so that we can enjoy your final result.