



CHEEK (IMPLANT) AUGMENTATION POST-OP INSTRUCTIONS

- TO REDUCE SWELLING:** When sleeping during the first week post-surgery, keep your head and shoulders elevated about 30 degrees using 2-3 pillows. Do not bend at your waist thus allowing your head to drop below the level of your shoulders. Refrain from any lifting or straining during this first week.
- BANDAGES:** Post-op, tape is placed on your cheek to position the implant during the healing process. You may remove the tape after 5 days. There are dissolvable sutures in your upper gum line that dissolve in 5-7 days post-op. Occasionally, sutures may be placed through the cheek skin. If so, these are removed at your first follow up visit.
- ICE:** Icing reduces both bruising and swelling. Apply ice to your chin area for up to 20 minutes per hour, while awake, for the first 36-48 hours. Crushed ice from your refrigerator dispenser, or frozen peas in a Ziploc baggie, work well as ice packs.
- MEDICATIONS:** Take all medications as instructed.
- ACTIVITY:** The first night post-op, bed rest with a small amount of walking is allowed. No bending, stooping, or straining for 7 days. Avoid strenuous exercise for 3 weeks and swimming for 4-6 weeks.
- WASHING/BATHING:** Try not to get your tape wet. Avoid showers and hot baths for 1 week. Sponge baths with lukewarm water are satisfactory. You can wash your hair at any time. Always wash around the taped area. Use care when brushing your teeth, brushing gently to avoid disturbing the sutures in your gum line.
- DIET:** Only liquids should be taken for the first 2 days post-op. A soft food diet is required through the 3rd and 4th days post-op. A normal diet may be resumed the 5th day.
- SIGNS OF INFECTION:** You should notice a gradual reduction in discomfort from the wounds. A marked increase in discomfort, increase in redness, or temperature greater than 100.5 should be reported to Dr. Macdonald immediately. These could be signs of infection.
- QUESTIONS:** Should you have any questions or concerns, Dr. Macdonald is always available. Please contact the office. If voicemail picks up or it is after hours, Dr. Macdonald's contact number or call coverage arrangements are indicated.