

# Facial Implants (Chin, Cheek, Jaw) Post-Operative Instructions

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## What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet. Dietary restrictions will be provided by your doctor.
- 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 pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

### Chin:

- Dental and oral hygiene instructions will be provided by your doctor.

### Jaw:

- Dental and oral hygiene instructions will be provided by your doctor.

## What should my activity level be?

- 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 (narcotics).

- Return to work in about 1 week.
- Avoid any activity that could jar or bump your face for at least 6 weeks.
- Activity restrictions will be provided by your doctor.

### **How do I take care of my incision?**

- 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 steri-strips on.
- Keep incisions clean and inspect daily for signs of infection.

### **How should I expect to feel?**

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

#### **Chin:**

- Usually, your chin is taped to minimize swelling and discomfort.
- Black and blue marks around chin and neck.
- Temporary difficulty with smiling and talking.

#### **Cheek:**

- A dressing will be applied to minimize discomfort and swelling.
- Ability to move your mouth and lips may be diminished temporarily.

#### **Jaw:**

- Ability to smile, talk, or move your mouth in any way may be limited for several weeks.
- Swelling immediately after surgery can be significant and usually peaks in 24-48 hours.

### **What will it look like?**

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

#### **Jaw:**

- Final facial contour may not be apparent for several months due to prolonged mild swelling.

## What follow-up care will I receive?

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

## When should I call my doctor?

- 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 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

## Who should I call if I have questions?

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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