

SABRINA A. LAHIRI, M. D.
PLASTIC AND RECONSTRUCTIVE SURGERY

FACIAL IMPLANTS
(CHIN; CHEEK; JAW)

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.
- 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.

ACTIVITIES

- Start walking as soon as possible, as 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.

INCISION CARE

- You may shower 48 hours after removal of drainage tubes.
- 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; replace if they come off.
- Keep incisions clean and inspect daily for signs of infection.

WHAT TO EXPECT

- 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.

FOLLOW-UP CARE

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

WHEN TO CALL

- 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.

For medical questions, please call:

- **281-419-1123, Monday-Friday, 24 hours**