

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

What supplies do I need to buy before the procedure?

- Vaseline®
- Q-tips®
- Hydrogen Peroxide 3%
- Ice packs (You may make some at home, please see other handout)

What are my instructions before surgery?

- Stop smoking cigarettes 6 weeks before surgery.
- Stop chewing tobacco 4 weeks before surgery.
- No alcohol 24 hours before surgery.

What are my post-operative instructions?

- Get plenty of rest.
- Follow a balanced diet.
- Have someone drive you home after surgery and help you at home for 1-2 days.
- Keep your head elevated for the first 2 nights after surgery.
 - Sleep with your head on 2-3 pillows or in a recliner.
- Please use ice packs for the first 48 hours after surgery to decrease swelling. (see ice pack instructions).
- If the implant is placed through an incision inside your mouth, your diet should consist of clear liquids /soft foods for the first 3 days.
- Decreased activity may lead to 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 drink alcohol when taking pain medications.

- Even when not taking pain medications, avoid alcohol for 3 weeks. Alcohol causes fluid retention (buildup) in your body and can lead to swelling.
- If you are taking vitamins with iron, resume these supplements as tolerated.
- Do not smoke. Smoking delays healing and increases the risk of complications.

How do I take care of my incision?

- Keep the wound and stitches dry for 24 hours, unless advised otherwise.
- You may remove dressing and shower 24 hours after surgery. Avoid soaking the area while stitches are in place.
- Apply Detachol® (adhesive remover) to help remove the tape that is on your skin if needed. Let it soak for 1-2 minutes then peel off the tape like a Band-aid®.
- For the first 3 days after surgery, mix a small amount of half hydrogen peroxide and half water and use a Q-tip® to cleanse the incision site/stitches line with in a rolling motion to remove any crusting. Do this 3 times per day.
- After 3 days of cleaning with ½ hydrogen peroxide and ½ water, clean area with mild soap (for example, Dove® soap or Cetaphil®) three times per day.
 - After each cleansing, apply Vaseline® (for the first 6 days).
- If you have incisions inside your mouth: You should gently but thoroughly rinse your mouth with either a mixture of ½ water and ½ hydrogen peroxide, or a mouthwash after each time you eat.

Do's and Don'ts

- After the third day you can slowly advance your diet. Prevent food from lodging in the area of the incision.
- If a tape dressing is applied on the exterior skin or a supportive elastic bandage is used, it should be left in place until it is removed in the office, usually within 48 hours, or until directed otherwise by your surgeon.

- Keep incision open to air while you are home. If you leave the house, you may temporarily cover the area with a bandage.
- You may use make-up, sunblock, and lotions after 2 weeks.
- You may resume shaving over the surgical area in 3 weeks, but you should be careful as there may be numbness near the surgical sites.
- You may massage the incision and use scar cream after 4-6 weeks.
- Avoid exposing scars to the sun for at least 6 or 12 months.
 - Always use a strong sunblock if sun exposure is unavoidable (we recommend SPF 30 or higher).

Activities

- Start walking as soon as possible, as this helps reduce swelling and lowers your risk of blood clots, pneumonia, and constipation.
- Do not drive until you are no longer taking any prescribed pain medications (narcotics/opioids).
- Return to work in 5-7 days.
- Avoid activities that raise your blood pressure (bending at the waist, lifting over 10 pounds, and rigorous sports) for 2 weeks.
- You may resume exercising in 2 weeks and swimming in 3 weeks.
- Avoid any activity that could jar or bump your face for at least 6 weeks.

What will it look like?

- A slight amount of oozing from the incision is not uncommon.
- You may have temporary discomfort, swelling, bruising, numbness or stiffness.
- You will see the most swelling and discoloration on the morning of the second day. It is not unusual for one eye to be more swollen or bruised than the other.
- Bumpy incision lines will go away with full healing, but this may take some time.

- Healing is a gradual process and your scars may remain slightly pink for 6 months to 1 year.

Chin:

- Usually, your chin is taped to minimize swelling and discomfort.
- Black and blue marks may be present around your chin and neck.
- You may have temporary difficulty with smiling and talking.

Cheek:

- It may be harder to move your mouth and lips 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 follow-up care will I receive?

- Stitches will usually be removed in 5-10 days. If the incision was made inside the mouth, absorbable stitches are used and they will not be removed.
- Follow-up visits vary from person to person, but may be scheduled several times throughout the year after surgery

When should I call my doctor?**Call your doctor if you notice any of the following:**

- Increased swelling or bruising.
- Swelling and redness persist after a few days.
- Increased redness along the incision.
- Severe or increased pain not relieved by medication.

- Any side effects to medications including; rash, nausea, headache, vomiting, diarrhea.
- Oral temperature over 101 degrees.
- Any yellowish or greenish liquid from the incisions or notice a foul odor.
- Bleeding from the incisions that is difficult to control with light pressure.
- Loss of feeling or facial motion.
- Excessive bleeding that does not stop after applying pressure for 15 minutes. **In the event of life-threatening bleeding, you should call 911 or go to the emergency department.**

Who should I call if I have questions?

- Monday - Friday, 9:00 a.m. - 5:00 p.m. (734) 432-7634
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the ENT Doctor on call.

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