



FACIAL IMPLANTS POST-OPERATIVE GUIDELINES

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet. Dr. Khosh may provide dietary restrictions.
- Take any antibiotics as instructed. It helps to eat cultured yogurt or over the counter Acidophilus tablets while on antibiotics to minimize intestinal side effects.
- Dr. Khosh may instruct you to take the herbal supplement Arnica-Montana. This is intended to minimize bruising.
- You may be prescribed steroid tablets to minimize post op swelling. If so, take them as instructed on the packet. Note that steroids can make you feel anxious; this is a common side effect.
- 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 2 weeks.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- When implants are placed from within the mouth, Dr. Khosh will provide dental and oral hygiene instructions.

What to Expect with All Facial implants

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

What to Expect with Chin Implants

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

What to Expect with Jaw Implants

- 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.

Activities

- 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.

Incision Care

- You may shower the following day after surgery.
- Avoid exposing scars to sun for 6 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.

Appearance

- 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.

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.
- **If you have any questions or concerns you may reach Dr. Khosh at 212-339-9988**