

ANIL P. PUNJABI, M.D., D.D.S.
Board Certified
American Board of Plastic Surgery
American Board of Oral and Maxillofacial Surgery
365 Terracina Blvd., Redlands, CA 92373

POST OPERATIVE INSTRUCTIONS FACIAL IMPLANTS

(CHIN; CHEEK; JAW)

- 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, 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 after your first post-op appt.
- 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.

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 if any are used 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:

- **909-798-9950**, Monday – Friday, 8 a.m. – 5 p.m.
- After hours and on weekends for emergency calls – Dr. Punjabi @ **909-213-6183**