

Activities

After the first 24 hours, we encourage you to be up and about indoors. *The tape or bandage which was applied to your face is to remain in place until removed at your follow-up visit (in about 3-5 days).*

You are required to sleep on your back with the head elevated. Extreme care should be taken to avoid trauma to the face. You are advised to avoid picking up small children who can accidentally hit you on the face.

Avoid contact sports for a total of six weeks after surgery.

Pain

There is usually a mild amount of swelling and discomfort associated with the cheek and chin implants. Pain medication has been prescribed and can be used as needed. For cheek implants, you may notice sutures under your upper lip. For chin implants, the sutures are under the chin. These will eventually be absorbed and should not be pulled out.

Numbness

Some patients may have temporary numbness over the lip area.

Medication

It is important to continue taking the antibiotics as prescribed for an entire week after surgery.

Diet

A soft diet is recommended for the first several days following surgery to prevent excess swelling.

Please call us if there are any questions or if any part of your instructions are not clear to you. (415) 392-9800.