



Surgical Portfolio

Facial Implants

Pre- and Post-Operative Instructions & Care

Please call **+506 7263-2171** should you have any questions regarding your scheduled surgery.

Before the Surgery

1. If you were told that you need a preoperative evaluation including an EKG, *please contact your primary care physician or cardiologist as soon as possible* and request a copy of the results to be brought with you or faxed to the office prior to or on the day of surgery.

EMAIL: eyelidaesthetics@gmail.com

2. If your blood work is greater than six months old prior to your surgery date, please schedule an appointment as soon as possible to obtain a complete blood count and coagulation test. *These lab tests are essential to proceed with facial implant surgery.*

3. To reduce bleeding, bruising and to help healing, please **STOP the following one (1) week** prior to surgery:

Multivitamins
Naproxen (Aleve)

Products containing Aspirin
Ibuprofen (Advil/Motrin)

Arthritic medications
Herbal Supplements

You may take Tylenol/Acetaminophen products as needed.

4. Arrange for transportation to and from the facility. Your driver must be at least 18 years of age and remain at the facility during the surgery.

5. Arrange for someone to pick you up at the hospital the day of the operation. This person should be able to offer payment for anesthesia and facility fees.

Day Before Surgery

- **STOP eating and drinking at midnight.** This includes food, water, candy, gum and mints.
- **DO NOT smoke 72 hours before and after surgery.**
- If you were instructed to have blood work drawn, please have it drawn before 10 a.m. the morning before surgery.
- You will receive instructions to take an oral antibiotic for seven days, starting the day before your operation:

Augmentin 1 gram PO BID x 7 days

Day of Surgery

- Wear loose, comfortable clothing. A shirt with front buttons or zipper is recommended.
- Please leave all valuables, jewelry, and cell phones at home.

Do Not wear:

Contact lenses
facial

Makeup

Lotions, especially

Perfume/Cologne

Hairspray

Jewelry

- Take the following medications the **morning of surgery** with **SIPS** of water, if needed.
Other routine medications can be taken when you return home from surgery.

BLOOD PRESSURE MEDICATION

- Please be aware you may receive up to three (3) bills before the surgery: physician, facility, and anesthesia. Anesthesia and facility fee may be cancelled after the surgery.
- You will be discharged the first day after the operation, discharge instructions have been reviewed with you and companion, and recovery goals have been met.

After Discharge

The person accompanying you will receive instructions about your care, since you will be under the effects of the anesthesia. You must make sure that he or she remains in the premises.

The following limitations are common to all procedures (cheek, chin, and jawline implants). Please plan accordingly. This will help you to achieve the best surgical results.

- Activity Limitations:

- First 24 hours: If required to use ice, you will be placing your ice pack on the area of the implant every hour that you're awake for 15 minutes, **without massaging the area.**
 - No driving, drinking alcohol or making important decisions.
 - First two weeks: NO bending forward at the waist, lifting more than 5 pounds (2 kg) or strenuous exercise.
 - Do not remove dressings/ drains until instructed by your physician.
 - **Cheek and chin implants: refrain from excessive oral function (sucking through a straw, kissing, chewing meat) for one week.**
- General Expectations:
 - Bruising, swelling, and bloody drainage are expected. Bruising typically peaks within 3-4 days but can take greater than 21 days to go away completely. **Do not massage the area of the implant.** You may use the ice packs as directed to limit the swelling.
 - **Keep in mind that you will have temporary dysfunctional animation; your smile and pucker will not less functional for a week to ten days.**
 - You may experience discomfort after surgery. **THIS IS NORMAL.** You may take regular or extra strength Tylenol, as directed.
 - *Cheek implant patients will experience numbness in the lower eyelid, upper teeth and lips the first 2-3 months after surgery, especially after fat transposition. Chin implant patients will experience the same symptoms in their lower lip, gums, and chin areas.*
 - You should also expect discomfort while eating hot or spicy foods (cheek and chin implants). Try to avoid these foods for at least 10 days.
 - It is important to make an appointment to see your doctor after surgery. If you were not given a postoperative appointment, please call +(506) 7263-2171.

If you experience severe pain, bleeding or have concerns or questions please call **+(506) 7263-2171** and leave your name and phone number where you may be reached.



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OPHTHALMIC PLASTIC &
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