

# Maxillofacial Surgery Center

## Post-Operative Instructions

### Malar (Cheek) Augmentation

**Dressing** - Normally no dressing is required. If a tape dressing is placed on the cheeks, leave in place for 48 hours.

**Sutures** - Usually dissolve in about 10-14 days.

**Wound Care** - Incisions are made inside the mouth on each side of the upper jaw. Clean the incisions by gently swishing your mouth with luke-warm salty water three times a day (Approximately 1 teaspoon of salt per cup of water) Be careful not to swallow any of the water. Brush your teeth gently at least two times a day to maintain good oral hygiene.

**Activity** - Elevate your head off of bed 30 degrees. Apply ice for 24-48 hours. Increase activity as tolerated with no heavy exercise or lifting for at least two weeks. Maintain a soft diet for the first few days. Vigorous chewing or talking should be kept to a minimum the first 48 to 72 hours after surgery. Try to avoid lying directly on either side of your face for at least the first week. We prefer you lie only on your back. Avoid driving while still taking prescription pain medication.

**Special Instructions** - Swelling, bruising and some bloody drainage is normal. However, if one side is swollen or bruised more than the other or it is much more painful, please call and notify us.

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