

**Implant Post Operative Instructions**  
***Chin Chin/Jowl, Pre-Jowl, Malar, Submalar, Nasolabial.***

*In addition to the general post operative instructions you have been given, please follow these specific instructions for your procedure.*

- 1. Appointments:** Patients with malar and nasolabial implants will need to return to the office the day after surgery and again in 4-5 days from their surgical date. Patients with chin, chin/jowl and pre-jowl implants will need to return to the office 4-5 days from their surgical date. ***Included in your surgical packet is an appointment card with these post-operative appointments scheduled for you.***
- 2. Activity:** Avoid excessive talking and laughing for the first week. It is important that you not lean or bump your implant for 2 months. Patients with malar implants should avoid resting heavy glasses on their implants.
- 3. Ice Packs:** Your doctor or nurse will instruct you as to whether it would be beneficial to use ice packs after your procedure. If ice packs are to be used, you will be directed on how to use them.
- 4. Bathing:** Special care should be taken while showering and washing your hair. Be sure to keep your dressings dry. If the dressing does become wet, remove it and replace it with a dry dressing. Showers and baths should be taken with warm water rather than hot.
- 5. Medication:** Medication prescribed by our office for infection, swelling and bruising are to be taken until all the pills have been finished. *Medication for pain is taken only as needed.* Any pain that is not relieved by this medication should be brought to the attention of our office.
- 6. Eating:** Avoid excessive chewing for the first 3-5 days. Soft food is recommended during this time.
- 7. Sutures:** In 4-5 days your external sutures will be removed. Your internal sutures will be absorbed in 7-10 days.
- 8. Miscellaneous:** Please inform your dentist on your next visit if you have a chin or chin/jowl implant.
- 9. Healing Process:** During the post operative healing process you may experience tightness, swelling and/or numbness (possibly on one side more than another). This is normal. ***If you experience excessive swelling, pain, redness and/or an increased temperature over 101 degrees contact our office immediately.***

***If you have any questions, please contact our office at (818)-888-7878***