

Postoperative Instructions – Cheek Augmentation, Chin Implant

Maximize your results after facial sculpting surgery with cheek augmentation or chin implant by following these basic post-treatment instructions. Please contact Dr. Chaboki with any questions.

General

- Numbness in the cheek, lips, nose, and teeth is common
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician. Dr. Chaboki will advise you when you may resume taking these medications, which may be a few days
- No herbal medications, supplements, or teas.
 - Herbs with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort

Diet

- Advance slowly from liquids to very soft foods after anesthesia. No foods are allowed which require chewing for 1 week after surgery.
- Drink plenty of fluids
- No gum chewing

Activity

- Sleep with your head elevated for the first week, to help reduce facial swelling
- Do NOT rub your nose, cheek, or chin, or put any pressure on these areas
- Do NOT blow nose
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Do NOT bend over or hang your head down
- No heavy lifting, straining, or strenuous activity for at least 2 weeks
- No contact sports for 6 weeks

Hygiene

- Be very gentle with brushing your teeth for the 2 weeks, to avoid disturbing any incisions inside the mouth
- Rinse your mouth after every meal with 50-50 mix of water-hydrogen peroxide. Intraoral sutures will dissolve after a short period of time.
- Cotton bolsters and taping will be applied over the augmented areas, which Dr. Chaboki will remove after a few days.
- Keep the treated areas dry when bathing

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Specializing in rhinoplasty (nose job surgery), face lift, neck lift, blepharoplasty (eyelid surgery), brow lift, Botox, facial fillers, and skin care for Washington DC, Maryland, and northern Virginia.