

**CENTER FOR PLASTIC & COSMETIC SURGERY
GREGORY M. FEDELE, MD, FACS
PHONE: (216) 464-1616**

FACIAL AUGMENTATION USING AN IMPLANT

You are about to undergo a facial augmentation with an implant procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

PRE-OPERATIVE INSTRUCTIONS:

This procedure lasts approximately 1 to 1-1/2 hours. You will spend about 1 to 1-1/2 hours in the recovery room. You will be discharged home when stable.

You must have someone drive you home and stay with you during the first 24-hours following discharge.

Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for three weeks prior to the surgery.

If you are a smoker, you should stop smoking at least four weeks prior to the surgery and for four weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.

Doctor Fedele can have your prescriptions for you prior to your surgery so that you can get them filled before the day of your surgery. This will make it easier for you immediately following the surgery and save any running around to fill prescriptions after your surgery.

DAY OF SURGERY EXPECTATIONS:

Discomfort after surgery is controlled with oral pain medications but you may experience continuous discomfort for the first 48 to 72 hours.

Narcotic pain medications can sometimes cause constipation. An over-the-counter stool softener (Colace) is recommended if you are prone to this.

Some nausea is normal in the first 24-48 hours following surgery. The surgery center can give you something prior to leaving. However, if you continue to experience nausea or vomiting, please contact the office to obtain a prescription for anti-nausea medication.

The white Band-Aid strips called steri-strips, along the incision or on your face, can remain in place until they peel off or until your first postoperative visit.

Any other dressing on the operative site should be changed daily as needed.

RECOVERY EXPECTATIONS

Week 1

Apply ice to areas where the implant was placed, either the cheek or chin, to reduce swelling. Swelling and slight bruising is to be expected for the several weeks however swelling can last even up to 3 to 6 months.

Take your medications as prescribed including the antibiotic medications to help prevent infection.

Keep your head elevated on two pillows to help reduce the swelling.

Avoid strenuous activity for 2 to 4 weeks.

You may shower and get the area wet 24 hours after the surgery. Pat the steri-strips dry. Numbness of the lip or face and difficulty in smiling in the area of implantation is to be expected for the next few days to even a few weeks. This is due to stretching of the nerves and swelling. This will gradually return to normal. Lower lip swelling may last 3 to 4 weeks. For incisions in the mouth, try to eat soft foods for the next 7 to 10 days. Rinse the mouth with diluted mouthwash mixed 50/50 with water after every meal. Make an appointment with our office within the 5 to 7 days. At that time, we will check the incisions and will give you further instructions.

Week 2 and Beyond

Expect bruising and swelling for several weeks. The swelling however can last 3 to 6 months or longer.

You may likely begin normal activities by the end of the first week or beginning of the second week.

Walking is okay within the first 2 weeks; exercise after 4 weeks.

Incisions will continue to fade and improve with time.

You may have a feeling of the implant in your cheek or chin. This is a normal feeling that may last for up to four weeks, but usually goes away and you cannot feel the implant after that.

PRECAUTIONS

If you have questions or are unsure of your postoperative recovery, please call the office for instructions. If you experience any of the following, please call the office immediately and have the answering service contact Dr. Fedele: extreme pain, significant swelling, fever, chills, a "hot-to-touch" sensation or significant redness.