

## **POST-OPERATIVE INSTRUCTIONS FOR CHEEKLIFT**

### **DAY OF SURGERY**

1. Arrange for someone to stay with you the first 24 hours if you have had IV sedation or general anesthesia.
2. Go to bed and rest lying on your back with your head elevated with 2-3 pillows at a 45 degree angle.
3. You may be up and around to go to the bathroom or perform light tasks.
4. Take medication only as directed.
5. You should limit your diet to liquids and soft foods. Keep chewing to a minimum for 5-7 days.
6. Some swelling, bruising, and tightness are a normal occurrence.
7. Place ice packs on sides of face continuously for the first 48 hours after surgery.
8. You will have two very small punctures on each inner cheek. These disappear in 5-7 days.
9. Please be sure to report to our office any of the following symptoms: fever, localized heat, increased redness and swelling, or increased pain.

### **LONG-TERM CARE**

1. Rest and good nutrition are important healing factors, especially during the first 6 weeks.
2. Avoid alcohol for the first few weeks as this prolongs swelling and interfere with healing.
3. Avoid prolonged sun exposure 2-3 months after surgery.
4. Numbness, itching, tingling, hardness, bumpiness of the facial tissues and asymmetry.