



**HOBGOOD FACIAL PLASTIC SURGERY**  
8415 N Pima Rd Ste 120  
Scottsdale, AZ 85258  
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## Malar (Cheek) Augmentation Surgery Instructions

**YOU WILL NEED TO PURCHASE:** HYDROGEN PEROXIDE, FROZEN PEAS, PRESCRIPTIONS.

### Evening Before Surgery

1. DO NOT SMOKE, EAT OR DRINK (including water) ANYTHING 8 HOURS PRIOR TO SURGERY. This includes gum, candy, mints, etc.
2. Take medications as prescribed.

### Morning of Surgery

1. Shampoo your hair (if not done so the night before) and wash your face thoroughly, removing all makeup.

### After Surgery

1. Relax and keep your head slightly elevated using at least two (2) pillows under your head and shoulders for the first 72 hours. This will help minimize facial swelling.
2. Apply ice packs or frozen pea packs to face intermittently for the first 72 hours. Use a thin washcloth or gauze between the plastic and your skin.
3. Take your pain medication as directed on bottle, if needed. If you have no pain, do not take the medication. For minimal pain, take Extra Strength Tylenol.
4. Diet should consist of clear liquids only for the first 12-24 hours following surgery. The next 24 hours may include full liquid diet, then gradually increase to soft diet on the 3<sup>rd</sup> day after surgery, and full diet on the 4<sup>th</sup> day after surgery.
5. The mouth should be rinsed gently, yet thoroughly, after eating. A mixture of equal amounts of hydrogen peroxide and water may be used.

### Other Instructions

1. Sutures in the oral cavity are absorbable (they will dissolve).
2. You may shower and shampoo the day after the procedure.
3. You may apply makeup or shave, if necessary, three (3) days following your surgery.
4. Watch for signs of bleeding or infection for up to 10-14 days after your surgery. These signs include:
  - a. Persistent or increasing pain
  - b. Unusual bleeding
  - c. Puss drainage within the mouth
  - d. Fever and/or redness
5. Please call if you suspect movement of the implant or sustain an injury to the face after surgery.
6. Normal activities may be resumed after two (2) weeks. Avoid strenuous activities that may cause a blow to the cheek area for four (4) weeks following your surgery.

**Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.**