

Scott P. Bartlett, M.D.
Plastic and Reconstructive Surgery

WHAT YOU MAY EXPECT FOLLOWING YOUR MALAR AUGMENTATION

You will be discharged from the hospital the same day as your surgery. Expect bruising and swelling and some discomfort from the first 24-hours. The bruising and swelling will dissipate over the next three weeks. Do not hesitate to take the pain medication prescribed for you. Remember, it may make you feel drowsy and it may cause constipation.

Sleep with your head elevated at a 45 degree angle. Continue to use ice packs for 24-48 hours. You may experience areas of numbness, tightness, and stiffness. You may also have some difficulty moving your mouth normally for up to a year.

Drink plenty of water after surgery to promote healing and decrease swelling.

You may shower and wash your hair the day after your surgery. You may gently apply make-up to camouflage any bruising.

Rinse your mouth with a solution of half water and half hydrogen peroxide four times a day (including after meals) for one week following surgery. You may gently use a SOFT toothbrush to brush your teeth, being careful to avoid brushing over the suture line.

You should consume only clear liquids for the first 48 hours following your surgery. You may advance your diet to soft foods after that time, remaining on a soft diet for five days.

Get a lot of rest. During the first three weeks following your surgery, restrict your activity level. You should not undertake strenuous activities such as aerobics, tennis, or lifting. After this period, you may begin to gradually work up to your previous level of exercise.

SIGNS AND SYMPTOMS TO REPORT TO YOUR DOCTOR

Temperature over 100 degrees Fahrenheit, chills, any drainage or separation of the suture lines, excessive redness or swelling of the incision lines, excessive facial swelling.

Please call the office if you have any questions/ concerns: 215-590-2209.
(after 4:00pm or on the weekends call 215-662-4000 and ask for the plastic surgery resident on-call)

** Please note these are generalized instructions you will be given specific instructions to suit your particular needs when you are discharged.