



COSMETIC SURGERY  
OF LAS VEGAS

DR SAMIR PANCHOLI

## Facial Implants - Post Surgery Care

**Shopping:** Obtain these items before surgery.

- Prescriptions
- Supplies:
  - Ice pack or Frozen peas and Ziploc bags.
  - Q-Tips
  - Hydrogen Peroxide
  - If you have cheek implants:
    - Table salt.
    - New soft-bristle toothbrush.
    - Non Alcohol based mouthwash such as Crest Pro Health Mouthwash.
- Food – Day 1: Simple, easy to digest foods (toast, crackers, Ensure or Boost, pudding, soup, etc.)  
Week 1 and 2: Soft diet.  
Week 3 and forward: slowly progress to a normal diet.

### **Dressings/Bandages:**

- If you have Cheek Implants: Typically no dressing is required.
- If you have Chin Implants:
  - Maintain any surgical tape in place until it is removed by Dr. Pancholi.
  - Using scissors, carefully trim any edges of the surgical tape which start to peel off.
  - You may shower daily starting 24 hours after surgery.
    - *Do not bathe.*
    - The surgical tape may get wet, but avoid soaking the tape in water.
    - Towel dry the surgical tape first and then use a hairdryer on a cool air setting to complete the drying process. Do not use the warm or heated hairdryer settings

### **Sutures:**

- Your sutures are dissolvable.

### **Wound Care:**

- If you have Cheek Implants:
  - Your incisions are located inside your mouth and on the side of the upper jaw.
  - Starting the first day after surgery, clean your incisions as follows:
    - Swish gently with lukewarm salt water (1 teaspoon of salt per 8 oz of water) three times a day.
    - Be careful not to swallow any of the water.
  - Gently brush your teeth at least 3 times a day and then rinse with warm salty water.
  - Once daily, gently dab (not rub) the incision area with a Q-tip soaked in diluted hydrogen peroxide (mixed with 50% water).
- If you have a Chin Implant:
  - Dr. Pancholi will remove the surgical tape and apply new paper tape at your one week appointment.
  - Maintain this tape as described above.
  - Gently dab (not rub) the incision area with a Q-tip soaked in diluted hydrogen peroxide (mixed with 50% water)
  - Then apply a thin layer of antibiotic ointment to the tape, over the incision.
  - Dr. Pancholi will remove your paper tape at your next appointment.

# COSMETIC SURGERY OF LAS VEGAS

Patient: \_\_\_\_\_

Date: 8/17/2010

## Activity:

- Up to 3 weeks:
  - Do nothing that raises your heart rate or blood pressure including but not limited to:
    - Lifting
    - Exercise
- Up to 2 weeks:
  - Avoid heavy exercise or lifting
- Up to 1 week:
  - Avoid driving while still taking prescription pain medication
  - Sleep on your back and avoid lying directly on the side of your face.
  - Sleep with your head elevated 30 to 45 degrees with several pillows to help decrease swelling.
  - Maintain a soft diet and avoid heavy chewing and prolonged talking
- Up to 24 – 48 hours:
  - Apply ice pack / cold pack / Frozen peas in Ziploc bags to your cheeks and/or chin.
  - Avoid nicotine to avoid healing complications.
  - Avoid drinking alcoholic beverages to minimize bleeding.
  - Do not lift anything over 10 pounds.

## Special Instructions:

- Swelling, bruising, and some bloody drainage are normal for the first 2 weeks.
- If one side of your face is more swollen, bruised, or painful than the other side please contact Dr. Pancholi
- Numbness, tingling, or sharp sensations is expected for the first few months.
- Do not drive any vehicles or operate and heavy machinery:
  - 36 hours following your surgery.
  - 4 hours following your last dose of pain medication.
  - 8 hours following your last dose of sleep medication.
- Prescriptions:
  - If you have a sensitive stomach, take your antibiotic with yogurt.
  - If your pain medicine is making you sick:
    - Lower the dose.
    - Take it with food.
    - Notify Dr. Pancholi.

Patient

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Guardian  
Signature: \_\_\_\_\_

Relation  
to Patient

Date: \_\_\_\_\_

Dr. Pancholi \_\_\_\_\_

Date: \_\_\_\_\_

Witness \_\_\_\_\_

Date: \_\_\_\_\_