

Post-Operative Care for Cheek Lift

At Home After Procedure:

- Elevate your head on at least two pillows for the first night following the procedure to help minimize facial swelling.
- Apply ice packs to the face (10 min on, 10 min off) for the first 4-6 hours to reduce swelling. For comfort, you may apply ice packs for up to 24 hours.
- Diet must be limited to soft foods for 48 hours following surgery and limited chewing for the first 2 weeks.
- If there are incisions in your mouth, brush your teeth carefully. Rinse your mouth after eating to avoid food getting stuck to your stitches.
- Take the prescribed antibiotics and pain medication.
- **DO NOT TAKE** vitamin E, aspirin, or aspirin-like products including Ibuprofen, Advil, Nuprin, Aleve, or Motrin for 3 weeks before and one week after surgery. Please see the complete list of medications to avoid, included in your pre-operative packet.

Follow-up Care:

It is important to take the entire course of the antibiotics prescribed. Hair may be washed the day following the procedure. Make-up may be applied one day following the procedure. Sutures will be removed between at 1 week. Infections are rare but watch for signs of infection up to 14 days after the procedure.

Signs of Infection:

- Persistent, increasing, or radiating pain
- Unusual bleeding
- Significant redness and swelling
- Fever (temperature elevation above 101 degrees F)
- Blister-like pooling of fluids or pus drainage

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If you have any questions or concerns, please contact us (425.450.0880). After office hours, please contact Dr. Naficy on his mobile phone.