



# INLAND INSTITUTE

ORAL AND MAXILLO-FACIAL SURGERY  
COSMETIC SURGERY

1333 E. Foothill Boulevard, Suite 1 ❖ Upland, CA 91786  
Phone (909) 982-8888

## Malar (Cheek) Augmentation

Dressing - Normally no dressing is required.

Sutures - Dissolve in about two weeks.

Wound Care - Incisions are inside the mouth on each side of your upper jaw. Clean the incisions by rinsing your mouth gently with Peridex three times a day. Brush your teeth gently at least three times a day to maintain good oral hygiene.

Activity - Elevate head of bed 30 degrees. Use ice or frozen peas for 24 to 48 hours on the surgical site to help decrease bruising and swelling. Follow a soft diet for the first few days. Vigorous chewing or talking should be kept to a minimum the first 48 to 72 hours after surgery. Avoid lying directly on either side of your face for the first week. Avoid bending over as it will cause pressure to your cheeks. Avoid driving while still taking prescription pain medication.

What to Expect - Swelling, bruising and some bloody drainage is normal.

Signs of Hematoma - Painful extreme swelling and hardness often accompanied by bruising, usually unilateral causing asymmetry. Please notify us if you have any symptoms you are concerned with.

**Please Purchase these items from your local drug store before surgery**

Prescription medication
-------------------------