

## WHAT TO EXPECT FOLLOWING FACIAL AUGMENTATION

**BLEEDING** -Slight oozing from the small incisions can occur.

**SWELLING** -Swelling of the surgical sites reaches its peak in 2-3 days. The majority of this swelling will resolve in 2 to 4 weeks, sometimes longer. Lips that have been augmented swell significantly which is normal and may take additional time to resolve.

**BRUISING** - If bruising occurs it generally resolves over 7-10 days, sometimes longer.

**DISCOMFORT** -Discomfort is mild to moderate. Use your prescribed pain medication as needed.

**DIET**: There are no diet restrictions. Increased fluid intake is strongly encouraged, preferably water or other healthy choices.

**ASYMMETRY** - The implant is placed symmetrically at the time of surgery and secured in place. However, asymmetry can occur temporarily from swelling. Asymmetry could also occur if the implant shifts during the healing process, and a revision may be required if massaging the implant into position is not successful.

**LUMPS & BUMPS** -Occasionally small firm lumps or bumps occur. These resolve with time as healing progresses.

**FIRMNESS** -The area may have a very firm feeling. This resolves as healing progresses and the initial scar tissue softens.

**NUMBNESS** -Temporary numbness almost always occurs lasting days to weeks.

**INCISIONS** -In general, these heal imperceptible with time. Resorbable sutures are usually placed and dissolve on their own in 5-10 days.

**FINAL RESULTS** -It takes several months to achieve your final result. Patience is important here.

**POSSIBLE COMPLICATION OF FACIAL AUGMENTATION**  
**LIPS, FACIAL GROOVES, DEPRESSIONS**

**INFECTION & NEED TO REMOVE IMPLANT MATERIAL** - Infection of the implant is possible but very rare, 1% or less. If infection occurs and is unresponsive to antibiotic treatment; removal of the implant is recommend. A new implant can be placed again after 3-4 months.

**BLEEDING** -Bleeding requiring intervention is less than 1 %.

**ASYMMERTY OR IRREGULARITY** -Generally these resolve over weeks to occasionally months. If they do not, revision will be required to correct the problem.

**NERVE INJURY** - Temporary numbness is the rule lasting days to weeks and rarely months.

**POOR SCARRING** -Anytime an incision is made an undesirable scar can occur. However, this is rare with this type of procedure. If it should occur I will do everything possible to correct it.

**LIMITED RESULTS** -I attempt to communicate realistic results based on the available technique(s) we discussed. If the final result did not meet our mutual expectations revision surgery can be performed provided there is a high probability that improvement can be achieved.

**NEED FOR REVISION SURGERY** -As discussed above revision surgery is occasionally needed and advised. If a revision procedure is performed fees will be based on the extent of the procedure.

## **FACIAL AUGMENTATION POSTOPERATIVE INSTRUCTIONS**

- ❑ **Apply cold compresses intermittently for 12-24 hours following surgery.** Cold compresses are made with small (snack or sandwich size) plastic bags filled with crushed ice or frozen peas/corn. Cold compresses are most important the first 12 hours, but may be continued up to 24 hours. Use cold compresses by placing them over the area of surgery for 20 (twenty) minutes and then off for 20 (twenty) minutes. The compresses may be discontinued while the patient sleeps. The second day cold compresses should be used at least 4 times during the day for 20 minutes each time.
  - ❑ For the **first week** sleep with your head elevated 30 degrees or more (two or three pillows).
  - ❑ Avoid bending over or lifting heavy objects for 7-10 days.
  - ❑ Restrict salt in your diet for 7 (seven) days.
  - ❑ Avoid the following products for 2 (two) weeks unless otherwise directed by Dr. Nishioka.
    - Aspirin
    - Naprosyn (naproxen)
    - Indocin (indomethacin)
    - Motrin (ibuprofen)
    - Clinoril (sulindac)
    - many more.
- Questions regarding medications contact our office or speak with the doctor at your pre or post-operative appointments.
- ❑ You may shower and gently wash your face the day after surgery. Pat your face gently to dry. If given follow skin care protocol instructions.
  - ❑ You may use makeup ~10 (ten) days after surgery unless Dr. Nishioka directs otherwise.
  - ❑ Wear a broad-spectrum sunscreen (UVA & UVB) protection factor of at least 25 SPF for 6 months. Avoid direct sun on the face for at least 1 month after surgery. (Really you should use sunscreen protection for the rest of your life.)
  - ❑ Be patient during your healing process. It takes time to heal and recover. Please call our office if you have any concerns.
- 
- ❑ **IF YOU HAVE ANY QUESTIONS PLEASE CALL MY OFFICE: 503-581-1567 or 503-566-4902. GARY J. NISHIOKA, M.D., D.M.D.**