



**Deborah J. White, MD PC**  
Aesthetic & Reconstructive Surgery

**POST-OPERATIVE CHEEK/CHIN IMPLANT INSTRUCTIONS**

1. Do not try to move the implant around. It may be slightly loose initially, but will heal into place solidly IF it is not moved. Avoid hitting or bumping the implant. Sleeping on your back with you head elevated will help with the swelling.
2. If antibiotics are prescribed, take ALL of your antibiotics until they are gone. An infected implant needs to be removed.
3. Do not do any strenuous activity until Dr. White tells you that you may. If you get your blood pressure up you can start up unwanted bleeding.
4. Frozen peas can be helpful the first 24 hours. Do not place them directly against the skin. (wrapping the peas in a thin, clean pillow case works well).
5. Please call the office for increasing pain, redness, swelling and a fever over 101 degrees.

Your follow-up appointments are:

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Please call the office you can not make these appointments (480) 614-3535.