



INSTRUCTIONS AFTER DIMPLEPLASTY

1. Procedures can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, ginger ale, Gatorade and electrolyte drinks. Eat a bland, soft diet (applesauce, broth, etc).
2. Pain and discomfort are common after surgery and should be controlled with pain medications such as Tylenol or other prescription pain medications. Please let us know if you have any allergies or issues to certain pain medications
3. Shower daily to keep your incisions clean. TAKE OFF ALL YOUR DRESSINGS AND LET SOAP (PREFERRABLY ANTI-BACTERIAL) RUN OVER YOUR INCISIONS.
4. It is normal to experience swelling that usually peaks 3 days after surgery and subsides afterwards. It is NOT uncommon for some minor swelling to last 2-5 weeks after surgery. Each patient experiences a different healing process.
5. When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. A pillow or two is usually all that is needed – sleeping sitting up is not necessary.
6. Wound care:
 - Avoid sharp, fine, granular foods such as couscous, rice, tortilla chips, etc
 - Eat fine, smooth foods such as smoothies, mashed potatoes, etc
 - Apply ice packs to the outside of your cheeks at approximately 20 minute intervals
 - After eating, complete an oral swish with mouthwash for the first 5 days after surgery. Dilute approximately 1 ounce of mouthwash into a cup of water. Swish this around your mouth after every meal and spit out. Doing so helps prevent fine particles of food getting stuck in the incisions inside the mouth that could lead to infection.
 - After the 5th day, you can switch the mouth cleansing solution to lukewarm salt water. Swish and spit after every meal and continue this until 10 days after your procedure.
7. Please call Dr. Kaplan at the first sign of:
 - Excessive (severe) pain and/or swelling
 - Redness, drainage, or odor from the incisions

- **Fever or chills**
 - **Shortness of breath**
8. Do not undergo any dental procedures three months prior to or after your surgery to avoid any infections.
 9. You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with Dr. Kaplan before resuming any strenuous activity such as biking, swimming, aerobics and weightlifting (usually three weeks). Also, when returning to more exercise, start slowly and gradually work up to your daily routine. Every patient's schedule to returning to normal activity is different. A general rule is that you will naturally limit your level of activity based on the level of discomfort you experience.
 10. It is extremely important that you do not smoke or have any form of nicotine for a minimum of two weeks after surgery. Smoking will delay the healing process or cause skin loss, which increases your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.
 11. Usually there are no sutures to be removed. You will have a follow up appointment approximately two weeks after surgery.

Post-Op appointment date	Time