



DIMPLEPLASTY POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

Cheek dimple creation (Dimpleplasty) surgery is typically performed under local anesthesia, with or without mild sedation. **If you are having IV sedation, you cannot drive for the first 24 hours after surgery and you will need someone stay with you for the first 24 hours.**

If you are having IV sedation, you CANNOT have anything to eat or drink after midnight prior to surgery. The morning of surgery, you may take your usual daily medications with a sip of water, unless directed otherwise.

Please wear clothing that buttons or zips up to your surgery. Avoid slipover shirts and turtlenecks.

Prior to your procedure, Dr. Jaggi will mark the area with you, so you are fully aware of the planned dimple placement. During the procedure, Dr. Jaggi will make a small opening inside the mouth and work on the buccinator muscle inside the cheek to create a natural-looking dimple. The inside of the cheek is closed with dissolvable sutures. You can resume most normal activities following the short procedure.

Since the procedure is performed inside the mouth, there is no obvious appearance of surgery from the outside. For the first few days, you may have mild swelling and bruising, which can be concealed with makeup.

Use ice compresses regularly (20 minutes on, 20 minutes off while awake).

For pain and/or discomfort use Acetaminophen 500-1000mg every 4 hours as needed (to a maximum of 4000mg per day). Stronger pain medication may be prescribed to you by Dr. Jaggi, only if he deems necessary.

We advise to use care when chewing right after procedure until freezing has subsided and for the next several days, until the sutures have dissolved.

Chewing gum is **NOT** allowed for 7-10 days post procedure. You may return to work in 1-2 days after your procedure, but you are encouraged to avoid strenuous exercise for **2 weeks**.

Contact your physician immediately if you develop any of the following:

- Excessive swelling, bleeding, or severe pain, uncontrolled by pain medication.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital or received medical care within 10 days of having your procedure.

You will be given an emergency contact number upon discharge