

Cheekbone Reduction Surgery Aftercare Instructions

Thank you for choosing Cheekbone Reduction Surgery, a procedure designed to reshape and contour the cheeks for improved facial proportion and aesthetics. Proper aftercare is essential to ensure healing, minimise complications, and achieve optimal results.

IMMEDIATELY AFTER SURGERY - NORMAL REACTIONS

Mild swelling, bruising, and tenderness around the cheeks and jaw are normal. Numbness or tingling in the cheeks or lips may occur and usually improves over time. Minor bleeding from the mouth or incision sites is possible.

DRESSINGS & SUPPORT

Keep any bandages, splints, or compression garments in place as instructed. Avoid touching, rubbing, or pressing on the treated areas.

FIRST 24-48 HOURS - ACTIVITY

Rest with your head elevated to reduce swelling. Avoid strenuous activity or heavy lifting. Gentle walking is encouraged to support circulation.

PAIN RELIEF & COLD COMPRESS

Take prescribed or over-the-counter pain relief as advised. Apply a clean cold pack externally for 10-15 minutes at a time to reduce swelling.

DIET & ORAL CARE

Consume soft foods and avoid chewing hard foods. Maintain oral hygiene carefully; brush teeth gently and avoid disturbing intraoral sutures if present.

FIRST WEEK - PHYSICAL ACTIVITY & MOVEMENT

Avoid strenuous facial movements, including wide yawning or excessive chewing. Refrain from high-impact exercise or activities that may risk trauma to the face.

WOUND CARE & HYGIENE

Keep incision sites clean and dry. Follow instructions for any mouth rinses or topical care if applicable.

FOLLOW-UP APPOINTMENTS

Attend scheduled appointments for monitoring, suture removal, and assessment of healing.

FIRST MONTH - GRADUAL RETURN TO NORMAL ACTIVITIES

Resume normal daily activities as cleared by your provider. Avoid high-impact sports or activities that may injure the face.

SCAR & SKIN CARE

Protect scars from direct sun exposure and apply moisturisers as advised to minimise pigmentation changes.

SWELLING & NUMBNESS

Mild swelling and numbness may persist for several weeks; these typically improve gradually.

EXPECTED RESULTS & MONITORING

Swelling and bruising usually decrease over 1-2 weeks. Numbness or tingling may take weeks to months to fully resolve. Final facial contour and results typically appear within 3-6 months.

WHEN TO CONTACT US

Contact your provider immediately if you experience: Severe or worsening pain, swelling, or redness. Signs of infection such as pus, warmth, or fever. Persistent bleeding, wound separation, or unusual discharge. Numbness or facial asymmetry that worsens over time. Any other concerning or unusual symptoms.

LONG-TERM CARE

Maintain gentle oral hygiene and skin care routines. Avoid trauma or pressure to the treated area until fully healed. Attend all follow-up appointments for monitoring and guidance. Protect scars from sun exposure to minimise pigmentation changes.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

CONFIRMATION OF UNDERSTANDING

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.