

Dimple Surgery Aftercare Instructions

DIMPLE SURGERY AFTERCARE INSTRUCTIONS

Thank you for choosing Dimple Surgery. This procedure creates natural-looking dimples through a small incision inside the mouth. Proper aftercare is essential to support healing, minimise swelling, and prevent infection.

IMMEDIATELY AFTER SURGERY

Mild Swelling and Discomfort: Swelling, bruising, and mild discomfort in the cheek area are normal for the first few days. **Numbness:** Temporary numbness or tingling around the treated area is common and should gradually improve. **Ice Packs:** Apply an ice pack wrapped in a clean cloth to the outside of the cheek for 10–15 minutes at a time during the first 24–48 hours to reduce swelling. **Avoid Touching:** Do not press, rub, or poke the inside or outside of the treated area.

FOR THE FIRST 24–48 HOURS

Soft Diet: Eat only soft, cool foods such as yoghurt, smoothies, soups, and mashed vegetables. Avoid spicy, hot, or crunchy foods. **Mouth Rinsing:** Do not rinse your mouth vigorously for the first 24 hours. After 24 hours, rinse gently with warm salt water (½ teaspoon salt in 250ml water) after meals to keep the mouth clean. **No Smoking or Alcohol:** Avoid smoking and drinking alcohol as they can slow healing and increase infection risk. **Avoid Strenuous Activity:** Rest and avoid heavy exercise to minimise swelling.

FOR THE FIRST WEEK

Oral Hygiene: Brush your teeth gently, avoiding direct contact with the stitches. Continue gentle saltwater rinses after meals. **Medication:** Take any prescribed antibiotics and pain relief exactly as directed. **Chewing:** Chew on the opposite side of the mouth if possible. **Facial Expressions:** Avoid excessive smiling, laughing, or wide mouth movements to allow the area to heal without tension.

COMMON SIDE EFFECTS

Mild swelling, bruising, and discomfort. Temporary tightness or pulling sensation when moving your mouth. The dimple may look more pronounced at first and will settle into a natural appearance over several weeks.

WHEN TO CONTACT US IMMEDIATELY

Severe pain or swelling that is getting worse instead of better. Signs of infection (increasing redness, warmth, pus, or fever). Persistent bleeding inside the mouth. Stitches becoming loose or opening before the advised time.

LONG-TERM CARE

The final result will be visible once swelling subsides, usually after 1–3 months. Maintain good oral hygiene to prevent infection. Attend your follow-up appointment to ensure proper healing.

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