

POSTOPERATIVE CARE

Postoperative instructions for facial implants

These measures help protect the operated area, support healing and allow safe adaptation to the implant. Follow the recommendations of the team responsible for the procedure.

During the first 24 hours

- Rest and avoid exercise, heavy lifting and physical exertion during the first 24 hours.
- Keep your head slightly elevated when resting and avoid pressing or manipulating the operated area.
- Facial implants are rigid and fixed to the bone with screws. If you notice any change in position, do not try to reposition the implant or apply force to the area. Contact the responsible team immediately.
- If swelling occurs, apply a cold compress to the outside of your face, wrapped in a cloth, for short periods with breaks. Do not place ice directly on your skin.

Food and implant care

Initially, choose soft foods at a comfortable temperature. Avoid very hard or sticky foods or foods that require opening your mouth widely. Clean the implant as instructed by the team and do not use abrasive products or adhesives unless recommended.

POSTOPERATIVE CARE / CONTINUED

Hygiene and medications

- Clean your mouth, skin and implant according to the instructions you received.
- Do not manipulate stitches, dressings, fixation sites or the implant with your fingers without instructions.
- Take medications as prescribed. Do not start antibiotics or anti-inflammatory medication on your own.
- Avoid smoking during healing and drinking alcohol, especially while taking medication.

Physiotherapy and possible trismus

Postoperative physiotherapy is an important part of recovery. The prescribed exercises help control swelling, restore movement and improve function. Trismus, or difficulty or limitation in opening the mouth, may occur, especially during the first few days. Do not force your mouth open: perform only the prescribed exercises and report any worsening to the team.

When to seek help

Contact the team if you develop fever, discharge, severe pain that does not improve with medication, persistent bleeding, implant displacement, worsening swelling or a progressive reduction in mouth opening. Difficulty breathing or swallowing requires emergency care.

Attend all follow-up appointments with the dental surgeon, prosthesis specialist and physiotherapist. Coordinated follow-up allows the implant to be adjusted and functional recovery to be monitored.

Follow-up: _____ / _____ / _____

Office contact: +55 (61) 99648-4242