

## **Dr. Ashraf Abolfotooh Khalil**

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# **Facial Implants**

**Breast and Body Plastic and Reconstructive Surgery Clinic**

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## What are Facial Implants?

Facial implants are specially formed solid silicone or porous materials designed to enhance or augment the areas of your face.

Many areas of your face can be augmented with implants, like the cheeks, chin and jaw nose and temporal areas. If you are bothered by a small chin, jaw or lack of facial contour, flat cheeks or facial asymmetry, plastic surgery with facial implants may benefit you.

Check the illustrative videos here<sup>1</sup>: [Cheek Implants](#)– [Chin Implants](#) – [Nasal Implants](#).

### Chin implants

Chin implants can increase the size and projection of a chin that is not in proportion with the forehead and mid-face as a small or recessed chin.

### Jaw implants

Jaw implants increase the width of the lower third of your face. Much like the chin, a weak jaw can be thought of as one that is not well defined with angles creating imbalance to the facial contour.

### Cheek implants

Cheek implants increase the projection of the cheekbones. They add permanent volume to areas that may be recessed or flat.

### Temporal Implants

Those are made to put volume at the temporal areas at the upper sides of your face which is usually lost and forms hollowness with aging.

### Nasal Implants

Nasal implants are most of the time used for reconstruction of the nasal bridge.

## Before the Surgery... Preparation and Expectations

A detailed interview is conducted with our medical team covering the following:

- Review of your medical history, previous surgeries and past or current conditions.
- Review of the results of the physical examination as well as the laboratory tests.
- Photographs of your face from different angles.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your surgery will be performed and the date of operation.

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<sup>1</sup> <https://bit.ly/33E5syd> <https://bit.ly/2RLaQgU> <https://bit.ly/2AYdLbF>

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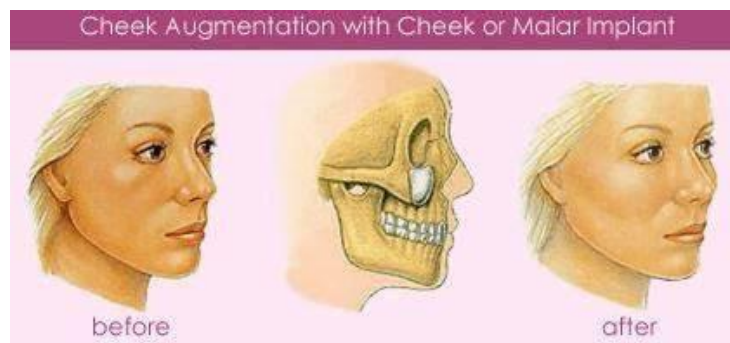
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## Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, 1 week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by our medical team.
- Stop smoking, 3 weeks before the surgery.
- Arrange for someone to drive you home after surgery.
- Arrange for resting at home for at 3-5 days after the operation.

## During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Usually, local anesthesia with sedation is applied to help you relax.
- **Procedure Steps:** We start by injecting the incision area with a local anaesthetic. Then, a horizontal incision is made on the inside of the mouth in the oral mucosa for cheek, chin or Jaw implants. Dissection of the area will be done and the implant will be inserted directly on the bone. Adjustments are made to make sure the implant location is perfectly set and in harmony with the rest of the facial features. In some cases, the implant will be fixed to the bones using screws. Afterwards, the incision is closed with absorbable suture material. Sutures will not be removed in most of the cases because they will be absorbed on their own. Sometimes the incision for the chin implants is in the skin just below the chin (submental incision). Also, the temporal implants can be inserted through the hair line, in that case, the sutures will be removed after 7-10 days. Nasal Implants will be inserted from the inside of the nasal mucosa with absorbable sutures.
- The surgery lasts for around 2-4 hours depending on the surgical details and patient's situation.



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## After the Surgery

- You can leave the hospital later the same day of the operation.
- Stitches are absorbable and you will not need to remove them after the surgery.
- You may temporarily experience:
  - Swelling of your face
  - Minimal bleeding and bruising
  - Scar sensitivity
  - Numbness
  - Pain or discomfort

## Post-Procedure Precautions

1. Use ice packs on the operated area for 10 minutes every hour the night after surgery. The following day, use ice packs on your lips 4-5 times throughout the day.
2. A soft diet will be mandatory for at least 3-5 days to allow healing of the oral mucosa inside the mouth.
3. Use the prescribed mouthwash after every meal.
4. Avoid vigorous or aerobic activity or sports for a week after the surgery.
5. Avoid smoking.
6. Avoid Alcohol.
7. Avoid rubbing or massaging your face.
8. Sleep with your head raised higher than your chest for one week.
9. Avoid aspirin, ibuprofen (Advil, Motrin IB, others), naproxen sodium (Aleve, others), naproxen (Naprosyn), and other medications or herbal supplements, for one week after the surgery, as this may increase bleeding. Stick only to the medication prescribed by our medical team.
10. Limit your dietary salt intake to help faster swelling recovery.

## Recovery and Results

- Results of facial implant surgery will be long-lasting. While there usually is little pain and a lot of swelling involved in this surgery, there can be also bruising. Most patients are presentable to the public in 7-14 days. However, it may take a few months before final healing is completed.
- Scars from the surgical cuts may take months to fade. However, oral mucosa usually recovers fast, and the scars are unnoticeable.

## Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visit (once a month) during the next 6-12 months.

## Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of facial implants surgery are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Generally, the risk associated with lip surgery is minimal and rarely occurs. However, possible risks include:

- Allergies to tape, suture materials, blood products, topical preparations or injected agents
- Anesthesia risks
- Bleeding
- Change in skin sensation
- Damage to deeper structures – such as nerves, blood vessels, muscles and lungs – can occur and may be temporary or permanent
- Firmness around the implant
- Infection
- Persistent pain
- Poor healing of incisions
- Possible revisional surgery
- Shifting of implants
- Skin contour irregularities
- Skin discoloration, swelling and sensitivity
- Unfavorable scarring

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## Medication

R/Tavanic 500 mg	One tablet daily for 5 days
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Hexitol mouthwash	Three times daily and after every meal or drink
R/Alphintern	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
R/Controloc 40 mg	One tablet before breakfast for 10 days

### Cited in:

- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>

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