



Robert Louton, MD

BLAIR PLASTIC SURGERY

MANDIBAR MATRIX

FACT SHEET

1. **DO NOT** sunburn or suntan the surgical area one month before procedure.
2. Keep head elevated, sleep in recliner or with head elevated using 3-4 pillows.
3. There will be tape on cheek area, keep this dry.
4. Do **NOT** drink from a straw.
5. Do **NOT** swish liquids.
6. Full liquids for 4-5 days, jello, broth, 7 up, soda, cream soups, and milkshakes
7. Finish antibiotics
8. No exertion or lifting for 2 weeks.
9. You may begin gentle walking 1 mile a day after 2 weeks.
10. No exercise for 1 month.
11. Keep follow up appointment.

Signs of Infection

- If wound becomes red, swollen, tender or hot to touch.
- If red streaks are seen coming from the operative area.
- If you develop a fever.
- If the wound breaks open or being draining.
- If there is a constant or increasing pain at wound site.

Please notify Dr. Louton for any problem day or night at (814) 949-7280.