



Mr Lucian Ion FRCS(Plast)
Consultant Plastic Aesthetic and
Reconstructive Surgeon

Malar Augmentation

Post - Operative Instructions

You can expect to have some bruising and swelling following this surgery, particularly during Try to rest and sleep propped up with 2 -3 pillows during the first week after your surgery, to help reduce any swelling and bruising.

Strenuous exercise or anything that is likely to increase your blood pressure should not be resumed for 3 weeks.

You should massage the malar area with Lasonil™ 2-3 times a day to help reduce swelling and bruising. The swelling and bruising usually settles in 7-10 days.

You should avoid hot drinks if there is any numbness around the lips, and resume these only when the numbness disappears.

You will have sutures in your mouth, which are dissolvable. You should use mouthwash 2-3 times day, to keep the area clear of debris.

You should have a soft diet for the first week, e.g soups, yoghurts and mashed vegetables. If you are prone to constipation, or the painkillers are making you constipated, you should use laxatives to avoid having to strain for at least the first week.

You may be discharged with some antibiotics, and it is important that you complete the course. Please avoid taking aspirin/anti inflammatory tablets as these can cause bleeding.

You may recommence your usual medication as soon as you can eat or drink, unless otherwise advised.

Contact Information

During office hours you are welcome to telephone or visit Mr Ion's nurse at the consulting rooms. Please call her prior to your visit on

0207 486 77 57

In an emergency or in case of doubt regarding your surgery and post operative condition, out of office hours, please contact Mr Ion's nurse on

0774 96 44 519 or the hospital where you had your surgery:

West London Clinic

0208 222 7999

The Wellington

0207 586 5959

The Cromwell Hospital
Resident Medical Officer

0207 460 2000

St Luke's Hospital

02073884954

The Hospital of
St John & St Elizabeth

0207 806 4000

129 Harley Street, London, W1G 6BA

Telephone: 020 7486 7757 · Fax: 020 7224 5011

www.aesthetic-plastic-surgery.co.uk