

**Dr. Tuan V. Pham M.B.B.S., F.R.A.C.S.**  
Facial Plastic & Reconstructive Surgeon  
Aesthetic Plastic Surgeon  
Nasal, Sinus & Rhinoplasty Surgeon  
Head & Neck Surgeon

**Perth** Facial Plastic  
Cosmetic Surgery 

Level 1, 136 Churchill Ave, SUBIACO  
Western Australia, Australia 6008  
Tel: +61 (8) 9380 448 Fax: +61 (8) 9380 9677  
Email: [info@perthcosmeticsurgery.com.au](mailto:info@perthcosmeticsurgery.com.au)  
Web: [www.perthcosmeticsurgery.com.au](http://www.perthcosmeticsurgery.com.au)



## Cheek Implant / Malar Augmentation

High cheekbones are a sign of beauty and youth. There are many factors attributed to the flattening or hollowing of the cheeks including genetic, congenital abnormalities, asymmetry, facial wasting from weight loss, aging or disease, trauma or surgical resection. Selecting the most appropriate implant or augmentation technique for each individual to achieve the desired cosmetic result, depends on careful analysis of your face. Both the facial soft tissues and bony skeleton deficit can be enhanced with implants in the correct areas. Malar implants augment the bony cheeks while submalar implants augment the hollows under the eyes.

Many women and men are requesting cheek augmentation either as an isolate procedure or more commonly in combination with other facial rejuvenation procedures. Cheek implants can be performed in conjunction with [face lift](#) or [neck lift](#) correction of the jowls, mid face or sagging neck, with eyelid or [blepharoplasty](#) with [lip augmentation](#) or with [skin resurfacing](#) and [wrinkle management](#).

Cheek augmentation is a safe, effective procedure performed to restore balance, proportion and a younger appearance. As with all facial plastic and cosmetic surgery, a thorough medical assessment and realistic expectations are prerequisites. Your understanding of instructions and routines is essential to a successful final result.

### Types of cheek augmentation

1. **Cheek implants** – are usually Silastic and vary in size and shape. The most appropriate implants will be selected for you.
2. **Fillers** – these are injected either on top of the bone or into the soft tissues. The fillers can last for 12 to 18 months (**Voluma, Sub-Q**) or 1-3 years or longer (**Aquamid Reconstructive**).

### Understanding the procedure

In most cases cheek augmentation with implant is performed either under local anaesthetic with IV sedation or under general anaesthesia. An incision is made in the mouth under the upper lip. The facial soft tissues are then elevated, a pocket is made and the implants are inserted. Occasionally stitches are used to secure the implants externally, along with steri-strip, and these are removed after 7-10 days. The sutures inside the mouth are dissolvable. The surgery takes 1-1 ½ hours. You must avoid contact sport for 6 weeks after the procedure.

### Initial Consultation

The majority of Dr Pham's patients are from referrals by General Practitioners or other Specialists. However, many patients are now seeing Dr Pham because of *word of mouth* referrals from previous patients. These referrals are often the best referrals. Friends, relatives or coworkers who have had facial and cosmetic plastic surgery are often willing to share their experiences. It is often helpful to talk to these people before contemplating surgery.

Facial and cosmetic surgical procedures can help increase self-confidence because, generally when people look better, they feel better. However certain aspects of facial plastic and cosmetic surgery, which cannot be ignored, are the patient's mental and emotional attitudes.

An initial consultation gives you and Dr Pham the opportunity to discuss your intended procedure/s in full.

### **Some of the questions you may wish to ask are:**

- Am I a good candidate for this procedure?
- What is a realistic outcome for me after surgery?
- How long will the operation take?
- What is the recovery time?
- What are the risks involved?
- Is post-operative medication necessary?
- What is the charge for the procedure?

It is a good idea to write down the answers Dr Pham provides so that you can review these carefully later. The consultation also provides you with an opportunity to meet Dr Pham to determine whether your personality and his are compatible and that you feel comfortable with him as your surgeon.

### **Medical History**

It is important that you are candid with Dr Pham and his staff regarding your medical history so that he can plan the best possible treatment. This information is strictly confidential. Please inform him of any:

- Previous facial and/or cosmetic surgery (nose, eyelids, breasts etc.)
- Past and current medical conditions such as heart, lung and kidney disease, prolonged bleeding or excessive bruising, blood clots in the legs or lungs, or gastric reflux.
- Current medications especially Aspirin, Anti-inflammatories, Warfarin, blood thinners, Insulin, and oral contraceptive pills. Over the counter products such as vitamins and herbal medications may also be important.
- Allergies or adverse reactions to antibiotics, anaesthetic drugs or other medications.
- Psychological and psychiatric illnesses
- Past keloid scarring or poor healing
- Connective tissue disorders such rheumatoid arthritis, lupus erythematosus, scleroderma or similar
- Previous radiotherapy to the head, neck or breast areas.

Dr Pham will then examine your features and after discussing options and specific risks and benefits will recommend the most appropriate procedure/s for you.

We respect your privacy. During your consultation you will be able to view some *before and after* photographs. We emphasise that the only photos shown are those of patients who have given their written permission to do so.

### **MAKING A DECISION TO PROCEED WITH SURGERY**

Whether your surgery is desired for functional or cosmetic reasons, your choice of a qualified facial plastic surgeon is of paramount importance. As a Facial Plastic and Cosmetic Plastic Surgeon, Dr Pham is trained in both Otolaryngology Head & Neck Surgery and Facial and Body Cosmetic Surgery, which provides you, the patient, with the highest level of training and expertise.

You should be informed as much as possible before making a decision to proceed with cosmetic surgery. Cosmetic surgery is an elective procedure, which means that it is a personal choice and not necessary for maintenance of good health. You can expect a thorough explanation from Dr Pham regarding the various types of surgical and non surgical procedures. Dr Pham will inform you of the best methods of anaesthesia, the surgical facility where your procedure will take place and the benefits and risks involved in surgery. Following a joint decision by you and Dr Pham to go ahead with a procedure, photographs of you will be taken and Dr Pham will further discuss the options available.

A good rapport between you and Dr Pham and realistic expectations are prerequisites for successful outcome. You are most likely to be pleased with the results if you have a realistic idea of what surgery can and cannot do.

### **The goal is for a natural, aesthetically pleasing and balanced look.**

Please do not hesitate to seek another doctor's opinion if you are uncertain about Dr Pham's advice.

You are the most qualified person to select a surgeon that is right for you.

### **PREOPERATIVE (Before surgery) INSTRUCTIONS**

- Please cease Aspirin, Aspirin-containing products, Plavix / Iscover and non-steroidal anti-inflammatories (such as Ibuprofen) for 10 days prior to and two weeks following your surgery. If you are on any medications that affect bleeding (such as Warfarin) please notify Dr Pham.
- Smoking tobacco and alcohol increase anaesthetic and surgical risks. Please cease them for one to two weeks prior to and three weeks following surgery. They cause delayed wound healing, skin redness and other complications.
- Please notify us of all your routine medications and significant health history. You can remain on your daily medications, except for blood thinners unless instructed otherwise.
- Arnica, a natural herb that significantly decreases bruising, can be taken before and after surgery along with Vitamin C (ascorbic acid), which helps promote healing.
- If you are having a morning procedure you must not eat or drink after midnight the evening before. If you are having an afternoon procedure you must not eat or drink after 6.00am on the morning of surgery. You may, however, take your normal medications and brush your teeth.
- Please shower and remove any make-up and nail polish before arriving for your procedure.
- Unless you are remaining in hospital someone will need to drive you home after surgery and stay with you that evening.
- If you have any concerns please call the office. Remember, we are all here to give you the best possible care.

### **POSTOPERATIVE CHEEK AUGMENTATION INSTRUCTIONS**

#### **Wound care**

Cheek swelling and tightness is usual. Keep dressing tapes dry and intact until they are removed a few days later. You can rinse your mouth after meals, snacks and at bedtime with salty water, Chlorhexidine or mouth washes for one week after surgery. You may gently brush your teeth three days after surgery taking care to avoid trauma to the sutures.

**Medications** Dr Pham will prescribe pain relief to be used as directed. Usually Paracetamol +/- Codeine, Tramadol or Oxycodone is sufficient. Most patients complain of discomfort rather than pain. Do not take additional pain relievers other than what Dr Pham suggests or prescribes and start any antibiotics when you get home.

**Diet** Avoid dairy products for five days following surgery as they have bacteria that may cause infection when the oral mucosa is not intact. You can advance your diet from liquids to soft foods to your regular diet as tolerated. Avoid food with sharp edges for ten days following cheek implants.

**Activity** You should rest for the entire day after surgery. Sleep with the head of your bed elevated or use two to three pillows for one week after surgery. Always protect your face from the sun by wearing a hat and sunglasses. Following surgery, our staff will let you know when it is OK to apply sunscreen, cosmetics and facial creams. You should avoid heavy lifting, exercise and activities such as running for 3 to 4 weeks after surgery

Most people can resume work after 1 week or earlier, but occasionally longer if patients prefer more privacy. Most of the swelling and bruising will subside after 2 -3 weeks.

**Final results** following cheek augmentation are not apparent for up to 6-12 months following surgery. We request that you please follow-up with us for at least one year for assessment and postoperative photographs.

**Please Inform Dr Pham's office or the hospital where the procedure was performed** if you have the following:

- High fever, chills or a temperature of more than 38 degrees
- Heavy bleeding from the wound
- Severe pain or tenderness
- Visual loss
- Significant redness, or discharge around the incision
- Significant swelling

**If you have any concerns you can contact Dr Pham's office. Remember, we are all here to give you the best possible care.**

### **Risks of Surgery**

Modern surgery is safe but does have risks. Complications can occur despite the highest standards and world's best practice principles used by Dr Pham.

It is not possible to list all the risks but you should be informed of the common side effects and benefits so that you can make an informed consent. Dr Pham will discuss these in greater detail at consultation. You should write down any particular questions or specific concerns.

The potential risks are

#### **1. General risk of surgery**

- Wound infection – may require antibiotics.
- Bleeding, blood clots / haematoma
- Wound dehiscence
- Chest infection
- Sore throat from the breathing tube

#### **2. Specific Risks**

- Asymmetry is common as no two sides are the same. Rarely this is gross. Occasionally minor revision surgery will be recommended.
- Implant is too high or too low
- Implant too large or too small
- Reduced sensation around the cheek, mid face, upper lip may occur but this is temporary and should return to normal in 6 months.
- Extrusion of the implant

**FEES** The cost of is:

Surgeon fee	3000-3500 +GST
Implant	700+GST
Anaesthetist fee	800-1000 +GST
Hospital	1500-2000 +GST
Churchill Day Surgery	1800 +GST

There may be additional cost for complex or combined case with other procedures.

**Please [contact us](#) for your consultation on cheek implant or malar augmentation**

You can view our website [www.perthcosmeticsurgery.com.au](http://www.perthcosmeticsurgery.com.au)

- Information on a range **cosmetic surgery and non surgical cosmetic procedures** available
- [Gallery / Before & After Photos](#)
- Find answers to your most [Frequently Asked Questions](#) (FAQs).
- Fees and Private Health Insurance rebate

If you wish to learn more about cosmetic surgery and facial plastic surgery please [contact us](#) to schedule a [consultation](#) with our Facial Plastic and Cosmetic Plastic Surgeon, [Dr Tuan Pham](#) or Nurse Coordinator