



PATIENT RECOVERY GUIDE

Dimple Creation

Aftercare Instructions

Your personalised recovery guide following dimple creation (dimpleplasty) with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Dimple Creation		DD / MM / YYYY	DD / MM / YYYY

Your recovery after dimple creation is quick and easy, and you can return to your routine right away. One thing to expect: your new dimple looks deep and a little sharp at first — that is simply the internal stitch holding it, and it softens into a natural look over about a week. For a cheek or chin dimple, the incision is inside your mouth, so gentle oral care — soft foods and antiseptic rinses — is the key for the first few days.

1 The First 48 Hours

- ◆ **Soft foods only.** For a cheek or chin dimple, keep to soft foods for about 4–5 days while the mouth incision heals.
- ◆ **Antibiotics if prescribed.** Take any antibiotics exactly as directed to help prevent infection.
- ◆ **Antiseptic rinses.** Rinse gently with the antiseptic mouthwash after every meal for about 4–5 days to keep the incision clean.
- ◆ **Expect a deep look first.** Your dimple will look pronounced at first from the stitch tension — this is normal and softens over about a week.
- ◆ **Simple pain relief.** Any mild discomfort is easily eased with the painkillers advised; most people feel fine within a couple of days.
- ◆ **Venus dimple care.** For a back (Venus) dimple, keep the small liposuction area clean and follow the same gentle-healing advice.

2 Recovery Timeline

- DAYS 1 – 3**
Early healing. Back to your routine right away. Mild discomfort eased by painkillers. Soft foods and antiseptic rinses after meals. The dimple looks deep and sharp — this is normal.
- WEEK 1**
Softening begins. As the internal stitch loosens and dissolves, the dimple softens and starts to look natural, seen best when you smile.
- WEEKS 1 – 2**
Sutures dissolve. The dissolving stitches are gone by about 7–10 days; the dimple continues to settle into its natural shape.
- WEEKS 2 – 4**
Natural result. Your dimple looks soft and natural, appearing mainly when you smile — the result to enjoy.

“Don’t be alarmed when your dimple looks deep at first — that’s exactly as it should be. Give it a week to soften, keep the area clean, and a natural dimple you’ll be glad you chose will settle in.”
— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

◇ Keep to soft foods for the first 4–5 days.

◇ Rinse with antiseptic mouthwash after meals (~4–5 days).

◇ Take pain relief as advised for any mild discomfort.

◇ Attend every follow-up appointment.

PLEASE AVOID

◇ Hard, crunchy, or very hot foods while the mouth heals.

◇ Poking or pressing the new dimple with fingers or tongue.

◇ Smoking, which delays healing of the mouth incision.

◇ Worrying about the deep, sharp look — it softens over a week.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing swelling, warmth, or redness of the cheek.
- Bleeding, pus, or a foul taste from the mouth incision.
- Severe or increasing pain not eased by medication.
- Weakness or drooping of the cheek, lip, or nose when smiling.
- A dimple that looks markedly uneven or troubles you as it settles.

5 Discharge Checklist

☐ Antiseptic mouthwash provided and instructions understood.

☐ Pain relief and any antibiotics collected.

☐ Soft-diet and oral-care instructions understood.

☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS