



CHIN IMPLANT POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

Chin Implant surgery is typically performed under local anesthesia with or without mild sedation. **If you are having IV sedation, you cannot drive for the first 24 hours after surgery and you will need someone stay with you for the first 24 hours.**

If you are having IV sedation, you CANNOT have anything to eat or drink after midnight prior to surgery. The morning of surgery, you may take your usual daily medications with a sip of water, unless directed otherwise.

Please wear clothing that buttons or zips up to your surgery. Avoid slipover shirts and turtlenecks.

For the first 48 hours after surgery, sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 to 3 pillows. Your dressing after surgery will remain on until the following morning. You can remove the dressing the morning after surgery.

Tape will be applied over your incision. This tape should stay on for the first 5 days following surgery. You may get it wet, but blot it dry afterwards.

After the first 48 hours you may resume your regular routine of daily bath/shower. Wash your face gently and pat dry. For crusting around the suture line, cleanse gently with warm water. Avoid rubbing hard directly over the suture lines, apply Polysporin ointment twice a day. Do not touch incisions or sutures.

Use cool compresses regularly (20 minutes on, 20 minutes off while awake). **Do not bend over.**

Swelling will vary patient-to-patient. Swelling may increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. To minimize swelling, keeping your head elevated as much as possible over the first two to three weeks, avoiding bending over or heavy lifting, and avoid prolonged sun exposure for the first two to three months.

Bruising will vary like swelling from person to person. Most bruising and discoloration should resolve over the first two weeks. Make up can be applied, avoiding incision line until completely healed, approximately 10-14 days.

CONTINUED ON REVERSE SIDE



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Your jaw may be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate over time.

For pain and/or discomfort use Acetaminophen 500-1000mg every 4 hours as needed (to a maximum of 4000mg per day). Stronger pain medication may be prescribed to you by Dr. Jaggi, only if he deems necessary.

A soft diet is indicated for the first week following your procedure. **Avoid** hard chewing foods for **2 weeks** following your procedure.

Do not lift (greater than 10 pounds), exercise, swim or fly for **2 weeks** following your procedure.

Absolutely no contact sports for **6 weeks** following your procedure.

Do not be concerned if you experience some facial swelling under your eyes, cheeks, and nose. This is common and usually clears within 2 weeks.

You will be booked for a follow up appointment in 7-10 days to have your sutures removed.

Contact your physician immediately if you develop any of the following:

- Excessive swelling, bleeding, or severe pain, uncontrolled by pain medication.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital or received medical care within 10 days of having your procedure.

You will be given an emergency contact number upon discharge