

Postoperative Instructions

Chin Implant

1. Sleep on your back with your head elevated 30-45 degrees; use two pillows for 4-5 days after surgery
2. Take only prescribed medication or Tylenol for pain control. Do not take Aspirin or Aspirin containing products for pain.
3. It is important to maintain fluid intake after surgery. Meals should consist of liquids first and progress to a full diet as tolerated. You may be nauseated due to medications, start slowly.
4. Bathing is permitted the day after surgery. Keep the dressing dry. We will see you the day after surgery to change the dressing.
5. Your dressing will be removed 5 days after surgery. We will either remove them in the office or instruct you how to remove them. After your dressing has been removed, you will be instructed to wear an Ace bandage. Please purchase a 3" Ace bandage before your surgery.
6. After the dressing has been removed, clean the incision lying under the chin with hydrogen peroxide solution (1 part peroxide and 1 part water) and Q-Tips. Gently roll the saturated Q-tip across the suture line to remove dried blood. Apply a small amount of Bacitracin ointment.
7. Good oral hygiene is important. Rinse mouth with a warm salt water solution 3 times a day (1/4 teaspoon salt with 1 cup warm water.
8. You may brush your teeth, avoiding trauma to the chin.
9. Avoid strenuous activity, bending over and heavy lifting for 4 weeks. At 4 weeks you may begin walking and light exercise, gradually working up to a normal routine by 6 weeks.
10. Postoperative depression is not uncommon after cosmetic surgery. Such depression is usually due to the immediate postoperative discomfort, anxiety or appearance (swelling and bruising) and limitation of activity and socialization. These feelings will disappear as your appearance improves and you return to your usual activities.

Should you have any further questions, please contact our office.