

## Post-Operative Instructions for Chin Implant

**First Night at Home** is resting and sleeping off anesthesia. Drink plenty of fluids to help rid your body of the anesthetics. You may get up for eating and restroom but mostly resting. When sleeping and resting stay on your back and keep your head elevated to approximately 45 degrees for the first week. Swelling and discomfort gradually increases over the first 72 hours then gradually subsides.

**Medications:** Only take prescribed medication or Tylenol for pain relief after your procedure, unless instructed otherwise. No pain relievers such as Aspirin or NSAID's (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) These can thin the blood and can cause bleeding or increase bruising.

**Diet:** Clear liquids or a soft bland diet for the first night home (i.e. soup, apple juice and jello). If you are able to tolerate this well, you can resume a normal diet. Use caution when eating as to not cause an excessive over-stretch. Minimize talking and chewing for 48 hours.

**Wound Care:** Cleanse the treated area gently with mild soap such as Cetaphil or Cerave and water after 48 hours. Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 3 weeks after the procedure. Do not rub or irritate treated area. Let incision site air dry before replacing chin support wrap.

### **What to expect:**

Treatment area will have dressings and/or a chin support wrap. After 48 hours dressings may be removed for showering. The chin support wrap ideally should be worn as much as possible for the first 2-4 weeks to decrease swelling and risk for seroma (collection of fluid) formation in the postoperative period.

**Activity:** Next day post procedure: please get up and walk around every 2 hours while awake for at least 3-5 minutes. This is to help prevent blood clot formation. No aerobic exercise for 3 weeks post procedure (includes any activity that raises your heart rate and/or blood pressure). Limit lifting, pulling or pushing anything for at least 10 days. Limit exposure to excessive heat (including fires) and UV light for 2 weeks. Most patients return to non-strenuous work within 1-2 weeks depending on the treatment area. And return to strenuous activities in 4-6 weeks.

**Next appointment:** First follow up appointment will be 1 week post procedure. At that appointment we will review massage/rolling techniques to keep treatment areas soft and smooth.

Call the office if you have any questions **775-284-2020**