

Post Operative Chin Implant Instructions

Introduction

The following is a list of general instructions for your care following your chin augmentation. Please read them carefully several times as most of your questions should be answered here. Carefully following these instructions should help you get the best results from your procedure.

Daily Care

It is important to relax and keep your head elevated the night after surgery.

1. Tape will be applied over your incision. This tape should stay on for the first week following surgery. You may get it wet, but blot it dry afterwards. If it does fall off, you should clean the incision with gentle soap and water and then apply antibiotic ointment three times a day.
2. A soft diet is indicated for the first week after surgery.

What to expect

Swelling

Swelling will vary patient-to-patient. Swelling may actually 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. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoiding bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months.

Discoloration

Bruising will vary like swelling from person to person. Most bruising and discoloration should resolve over the first two weeks.

Numbness

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.

Depression

It is not uncommon for patients to go through a period of mild depression after cosmetic surgery. This typically occurs the second week after surgery while some of the swelling and bruising still persist and yet the patient is anxious to see a final result. Realize this is a temporary condition and things will improve. Focus on diligently following the wound care as well as other activities to help divert your mind.

Restrictions

1. No strenuous exercise for at least two weeks.
2. No heavy lifting for three weeks.
3. Avoid hard chewing foods for two weeks.
4. No contact sports for six weeks.

Please do not hesitate to ever contact our office.