



Lindsey Pennington, MD
F A C I A L P L A S T I C S

Postoperative Instructions:

Chin Implant

Uncomplicated and early healing depends greatly on how well you care for yourself after surgery. Please read the following instructions carefully before your surgery and ask us any questions you may have.

Introduction

The following is a list of general instructions for your care following surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

After Surgery

Following your surgery you must have another adult stay with you the first night. You should plan on remaining within thirty miles from the location of your surgery for this first night. It is also important for you **to keep your head elevated the evening after surgery as well as for the first two weeks following surgery**. This can be done by sleeping in a recliner tilted at 45 degrees. This is the preferred method for recovery and tends to be the most comfortable. If there is absolutely no way to have a recliner available to you after surgery, then sleeping with pillows propped up behind you in bed is a second option. Avoid rolling onto your face. Sleeping with an airplane pillow around your neck will help with this.

Daily Care

Your dressing after surgery will remain on until the following morning. It is important to relax and keep your head elevated the night after surgery. Your dressing will be removed the morning after surgery. At that point we will review your care.

Submental incision (under the chin):

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 diluted hydrogen peroxide (50% distilled water and 50% hydrogen peroxide) and Q-tips 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 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. Make up, with Dr. Hamilton's permission, can be applied ten days to two weeks after surgery.

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 persists 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. **No** pull-over clothing for two weeks.
4. Avoid hard chewing foods for two weeks.
5. Avoid yawning or wide mouth opening for two weeks.
6. If sneezing, sneeze with the mouth open for two weeks.
7. **No** driving for one, preferably two weeks after surgery.
8. **No** contact sports for six weeks.
9. **No** smoking, no nicotine products for a MINIMUM of 4 weeks post op

10. **No** alcohol for 2 weeks post op
11. May apply icepacks to eyes **ONLY**
12. **Do not** shower or wash hair or face until cleared by Dr. Pennington
13. Avoid hitting or bumping of face for 1 week (Do not pick up small children) and should sleep alone for the 1st week.
14. **Do not** pluck eyebrows or wax for 4 weeks

Call Dr. Pennington if you develop:

- Fever greater than 100.4
- Sudden swelling or discoloration
- Hemorrhage
- Drainage from wound edges or other signs of infection
- Development of any drug reaction

Please do not hesitate to ever contact our office. (318-216-5366)