

## 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, please let Dr. Pennington and her staff know so other accommodations can be made. 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. Do not get this tape wet. If it does fall off, please let Dr. Pennington know.
2. A soft diet is indicated for the first week after surgery.

### **What to expect**

**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 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. **No** pullover 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. **Do not** shower or wash hair or face until cleared by Dr. Pennington
12. Avoid hitting or bumping of face for 1 week (Do not pick up small children) and should sleep alone for the 1<sup>st</sup> week.
13. **LOW SALT DIET** – even the smallest amount of salt can increase healing time and cause excess swelling.

**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)**