

CHIN (IMPLANT) AUGMENTATION POST-OP INSTRUCTIONS

- TO REDUCE SWELLING:** When sleeping during the first week post-surgery, keep your head and shoulders elevated about 30 degrees using 2-3 pillows. Do not bend at your waist thus allowing your head to drop below the level of your shoulders. Refrain from any lifting or straining during this first week.
- BANDAGES:** Post-op, tape is placed on your chin to position the implant during the healing process. You may remove the tape after 5 days. Any sutures are removed between 5-7 days post-op.
- ICE:** Icing reduces both bruising and swelling. Apply ice to your chin area for up to 20 minutes per hour, while awake, for the first 36-48 hours. Crushed ice from your refrigerator dispenser, or frozen peas in a Ziploc baggie, work well as ice packs.
- MEDICATIONS:** Take all medications as instructed.
- ACTIVITY:** The first night post-op, bed rest with a small amount of walking is allowed. No bending, stooping, or straining for 7 days. Avoid strenuous exercise for 3 weeks and swimming for 4-6 weeks.
- WASHING/BATHING:** Try not to get your tape wet. Avoid showers and hot baths for 1 week. Sponge baths with lukewarm water are satisfactory. Starting 48 hours post op, wounds on your chin can be gently cleaned by rolling q-tips soaked with hydrogen peroxide over the suture lines. This removes dried blood and any crusting. This cleaning should be done twice per day until there's no longer any crusting or dried blood. Beginning 3 days post-op, after cleaning the wounds, Bacitracin or polysporin ointment should be applied to the suture line 3 times per day.
- DIET:** Only liquids should be taken for the first 6 hours after surgery. A soft food diet is required the first 4 days post-op. A normal diet may be resumed the 5th day.
- SIGNS OF INFECTION:** You should notice a gradual reduction in discomfort from the wounds. A marked increase in discomfort, increase in redness, or temperature greater than 100.5 should be reported to Dr. Macdonald immediately. These could be signs of infection.
- QUESTIONS:** Should you have any questions or concerns, Dr. Macdonald is always available. Please contact the office. If voicemail picks up or it is after hours, Dr. Macdonald's contact number or call coverage arrangements are indicated.