



## **Postoperative Care of Chin Augmentation Surgery**

### **DIRECTLY AFTER SURGERY**

When you wake up from chin implant surgery you will notice tightness and numbness because of the swelling. You will have a tight dressing on your chin. This dressing helps minimize swelling and keeps the chin implant securely in place. Following your chin implant, the nurses will assist you to meet the discharge criteria: to drink liquids, walk with a steady gait, void, manage your discomfort and have a responsible adult at home following the procedure. The nurses will review all instructions you will need for care following chin implant surgery.

The chin dressing must be kept dry and in place for seven days following surgery. You will be asked to come to Dr. Brys's office on postoperative day 7 for dressing and suture removal. The morning of the suture removal, you may shower and get the dressing wet, which will help dressing removal at your appointment.

### **POSTOPERATIVE INSTRUCTIONS**

#### **Wound Care**

Keep the dressing dry and intact the evening after chin augmentation surgery and for three days following surgery. Notify your doctor if the dressings become loose or fall off.

#### **Medications**

- Most patients complain of discomfort more than pain. Use pain medication (typically Tylenol) as directed/as needed.
- Taking pain medication with food helps minimize nausea sometimes associated with pain medications.
- Most patients will be instructed to start the antibiotic when they arrive home following chin augmentation surgery.
- It is not uncommon to have a low-grade fever for 24 to 48 hours following chin implant surgery.
- Swelling medication (Medrol Dosepak/methyl prednisolone) is typically started when you arrive home following chin augmentation surgery. Take with food.
- Vitamin C (ascorbic acid) helps promote healing. Take for two weeks following chin implant surgery.

#### **Diet**

Advance diet from liquids to soft food (oatmeal, French toast, yogurt, soup, and pasta) to

your regular diet as tolerated. There are no dietary restrictions for chin implant patients postoperatively.

### **Activity**

Rest for the entire day after chin augmentation surgery. Sleep with head of the bed elevated or use two to three pillows for one week after your plastic surgery. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb on to your lap. No driving for one week following chin implant surgery. One week off work is recommended; two weeks off is ideal.

Always protect your face from sunburn. At this point, a hat and sunglasses are a good idea. Following chin implant surgery, our staff will tell you when it's okay to apply sunscreen, cosmetics or facial creams. Avoid unprotected prolonged sun exposure for three months following chin implant to prevent swelling associated with sunburn.

### **Please Remember!**

Swelling, bruising and disrupted sleep are very normal postoperative symptoms and will decrease as the healing process occurs. Assistance with daily activities the first two days after chin implant augmentation is recommended.

### **Final Result**

Following chin implants, it takes time for the swelling to subside and for the skin to heal. Most patients return to work one week following chin implant surgery, however two weeks is ideal, depending on the degree of privacy one is trying to maintain. At two weeks postoperatively, swelling and bruising may be apparent to you but not to many of your coworkers and closest friends.

Final results following chin implants are not apparent for one full year following surgery. After three months, the changes are ever so subtle, although still important. Being perfectionists about our work, you may tell us you are pleased long before the one-year anniversary. However, we request that you follow-up with us at that time for postoperative chin implant photographs so that we can enjoy your final result.