



## INSTRUCTIONS AFTER CHIN IMPLANT

1. Keeping your head elevated with at least 2 pillows under the head and shoulders for at least 72 hours helps minimize facial swelling. It is important to keep your head above your chest.
2. You may apply cool compresses to your face for the first 72 hours intermittently. Use a thin washcloth or gauze between the plastic and your skin. This will help reduce swelling and bruising. Do not apply a heavy ice bag directly to the chin – light ice application is ideal.
3. When showering: You may shower, but avoid very hot water. Keep the incisions clean by patting the area dry when you notice dampness or if the incision gets wet.
4. It is normal to experience swelling and bruising in the chin and mouth area. Other normal experiences include:
  - Mild burning sensation in the incisions
  - A small amount of drainage during the first few days
  - Numbness in the skin
5. Due to the lip and chin numbness, use caution with food/beverages that are very hot or very cold. Check temperatures before placing in your mouth.
6. Wait until the incisions are healed before applying makeup or face lotion. This will be approximately seven days after surgery.
7. **Please call Dr. Kaplan at the first sign of:**
  - **Excessive (severe) pain and/or swelling**
  - **Redness, drainage, or odor from the incisions**
  - **Fever or chills**
  - **Shortness of breath**
8. It is extremely important that you do not smoke or have any form of nicotine for a minimum of two weeks after surgery. Smoking will delay the healing process or cause skin loss, which increases your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal

medications for one week after surgery.

9. You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with Dr. Kaplan before resuming any strenuous activity such as biking, swimming, aerobics and weightlifting (usually three weeks). Also, when returning to more exercise, start slowly and gradually work up to your daily routine. Every patient's schedule to returning to normal activity is different. A general rule is that you will naturally limit your level of activity based on the level of discomfort you experience.
10. Avoid activities in which there could be a blow to the chin for 4-6 weeks.
11. You may drive after you discontinue your narcotic pain medication and when you are comfortable with your mobility.
12. Avoid prolonged exposure to the sun, and wear sun protection with an SPF of 30 or higher for at least six months after surgery.
13. Usually there are no sutures to be removed, unless otherwise instructed. You will have a follow up appointment approximately two weeks after surgery.

Post-Op appointment date	Time