

CHIN IMPLANT

Pre-Operative and Post-Operative Patient Instructions

PRE-OPERATIVE INSTRUCTIONS FOR CHIN IMPLANT

SHOPPING LIST

Prescriptions

Submitted to your pharmacy. Your pharmacy should contact you when ready to pick up.

Stool Softener (preferably MiraLAX)

Helps with constipation associated with narcotic pain relievers.

Tylenol (Acetaminophen)

Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS.

Crushed ice/frozen peas wrapped in a towel

Apply to the chin for 20 minutes every hour for the first 2 days following surgery.

Straws

Straws will aid in maintaining good hydration after surgery while preventing too much facial movement.

Cotton Swab and Hydrogen Peroxide

For gently cleaning incision line if crusting occurs.

NIGHT BEFORE SURGERY

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- **Set Up Home Recovery Area:** This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.
- **Bathing:** You can shower but do not apply lotion, perfume, hair product, etc.

DAY OF SURGERY

- **Dress Comfortably:** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.

- **DO NOT wear** any makeup, jewelry, cosmetic creams, hair products, deodorant, sunscreen, and remove all piercings.

POST-OPERATIVE INSTRUCTIONS FOR CHIN IMPLANT

NIGHT OF SURGERY

- **Movement is Important:** Make sure you are up and walking around immediately after surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Take deep breaths frequently to keep your lungs clear.
- **Talking:** Talking should be minimized. Excessive talking, laughing, and chewing will cause more swelling and discomfort.
- **Sleep:** Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. Continue this for one to two weeks.
- **Dressing:** You will have a piece of brown tape covering the incision after surgery. The tape is to remain in place until your next follow up visit with Dr. Kulak after surgery.

MEDICATIONS

- **Pain:** You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcomed to take Tylenol in place of the prescribed medication. Do not take Tylenol with the pain medication, often the medication you are prescribed will have Tylenol in it. **Do not exceed 4,000 mg of Tylenol in any 24-hour period.** Take medication with food to minimize risk of nausea.
- **Nausea:** If you are experiencing nausea, which is common after general anesthesia as well as a known side effect of some stronger pain medications, we advise that you take your nausea medication.
- **Constipation:** You will experience constipation if taking narcotic pain relievers. MiraLAX or other over the counter laxatives are recommended. Do not wait to take until you are constipated. Begin treatment with narcotic use.
- **Medications to Avoid:** Take only those medications approved or prescribed by your surgeon. Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, others) for two weeks before and after surgery. These medications may increase bleeding.



- **Substances to Avoid:** Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

NUTRITION

- **Diet:** Eat foods that are soft and require minimal chewing for one week. Do not eat salads, tough meats, or chew gum. Chewing can cause an increase in pain and swelling.
- **Hydration:** Stay hydrated by drinking 8-10 glasses of water a day. Try to use straws when drinking fluids. Avoid alcohol while you are still taking pain medications.

ACTIVITY

- **Physical Activity:** It is important to not remain on complete bed rest while your body recovers. Normal daily activity may be resumed a few days after surgery. No bending over, straining, or lifting more than 5lbs for the first week after surgery. Be extremely careful if wearing any “pull-over the head” clothing.
- **Exercise:** Light physical activity may be resumed 2-3 weeks after surgery. Remember to start easy and build back up to your previous exercise levels. Just know that swelling may transiently be worse with exercise.
- **Driving:** Do NOT operate a vehicle or make important decisions until you have been off narcotic pain medications for 24 hours. Use good judgment.
- **Return to work:** Most patients require approximately 5-7days off work depending on their job responsibilities and amount of face-to-face interaction.
- **Sexual Intercourse:** Sexual activity can be resumed when you feel ready with no restrictions and incisions have adequately healed.
- **Cold Compress:** Crushed ice in a plastic bag, or frozen peas, wrapped in a terry cloth towel may be applied to the chin. You may do this for 20 minutes every hour for relief of pain and swelling during the first 48 hours after surgery. **Do not directly place ice on skin!**

BATHING

- **Showering:** You may wash your hair and face as usual the day after your chin implant. Remember to be gentle while incisions heal.
- **DO NOT soak in baths** (Jacuzzis, pools, or hot tubs) until all incisions have fully healed.

HOW TO TAKE CARE OF YOUR INCISIONS

- **Stitches:** Do not pick at or try to remove the stitches. Your surgeon will remove all necessary stitches at your post-operative appointment. All the rest will dissolve on their own.
- **Crusting:** Should the tape covering your incision come off and crusting occurs, do not pick at it. You may gently cleanse the incision line with a cotton swab dipped in hydrogen peroxide and then apply antibiotic ointment. Keep the incision lubricated at all times.
- **Sun Exposure:** Avoid and minimize sun exposure. Use SPF 30 or greater when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.
- **Scar healing:** To help with incisional scar healing you may apply a topical silicone gel to minimize the appearance, once the incisions have adequately healed and your surgeon advised you it is safe to do.

WHAT TO EXPECT

- **Drainage:** Drainage can occur from the incision sites for the first week. The drainage will be blood tinged. You may use gauze or a light pad to reinforce post-op dressings if this occurs.
- **Bruising:** You can expect to have bruising. Most bruises will heal after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.
- **Swelling:** Swelling is to be expected for weeks and sometimes months. The swelling can improve with intermittent rest and use of the headband. Exercise and physical activity can transiently worsen swelling but is encouraged.
- **Itching:** Itching at the incision sites is normal for a few days. You may take Benadryl to help with this.
- **Pain:** It is normal to experience tightness, pressure, shooting pain, soreness, and fatigue for several days to weeks following surgery as you adjust to the new chin size and recover.
- **Sensory Changes in Skin:** Parts of the lower lip and chin may feel numb after the chin implant operation. This is temporary and will resolve with time.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE (703-481-0002) OR GO TO THE HOSPITAL

- **Signs of Infection:** Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, warmth at incision site and temperature over 101°F.
- **Excessive Bleeding:** If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.
- **Other Emergency Situations:** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.