



Chin Implant – Patient Instructions

Pre-Operative and Post-Operative Care | Outpatient Surgical Facility

PREPARATION BEFORE SURGERY

- Pick up and confirm you have all prescriptions before surgery.
- Purchase MiraLAX (stool softener), Tylenol (for pain), and cold compress supplies.
- Get Arnica tablets. If provided, take as directed starting after surgery.
- Nothing to eat or drink after midnight before surgery or Anesthesia will cancel surgery.
- Prepare a comfortable recovery area at home.
- Strictly follow and adhere to the “**Naderi Antibleeding Anti Bruising Diet.**” See separate list.
- Make sure you have good dental hygiene. Bad teeth and tooth problems can get chin implants infected.
- Avoid blood thinners and NSAIDs like aspirin, ibuprofen, naproxen, as well as nicotine, alcohol, and excessive caffeine.
- For men, shave the day before surgery. **NO FACIAL HAIR. No Beard.**

DAY OF SURGERY

- **Shower well.** Shampoo hair thoroughly and use antibacterial soap on face and body. Men, make sure you are shaved.
- Wear loose, cool, comfortable clothing. Button-up or zip-up shirts are preferred.
- Do not wear makeup, lotion, skin products, sun block, deodorant, or hair products
- Remove jewelry, piercings, contact lenses,
 - Remove hair extensions, weaves, braids and lash extensions (if possible) as they can harbor bacteria
- You will need an adult friend or relative to drive you home.

FIRST WEEK AFTER SURGERY

- Sleep on your back with your upper body elevated 45 degrees. (Recliner or wedge pillow or multiple pillows)
- Apply cold compresses for 15–20 minutes every hour while awake for the first 3 days.
- Get up slowly and walk slowly but regularly with assistance to promote circulation.
- Avoid bending, straining, or lifting.
- **Take your antibiotics. It is extremely important to prevent infection.**
- You may feel weak and dehydrated so be careful of falling. Stay hydrated.
- You may shower 24-48 hours after surgery but be careful of falling.
 - Use gentle pressure and lukewarm water on face. Do not rub incisions. Do not “manipulate” or move the implant.

MEDICATIONS

- Take antibiotics as prescribed until finished. Notify us if you have any reactions.
- Use prescribed pain medication or Tylenol (if pain is mild).
- Do not exceed 4,000 mg of Tylenol in 24 hours.
- Use your nausea medication as needed.
- Begin stool softener when taking narcotic pain medication. Do not force or strain during bowel movement.
- Take your Medrol steroid dose pack as instructed.



INCISION CARE

- Once directed (on telehealth with your doctor), remove your pressure wrap the next afternoon after surgery.
- You will most likely have tape covering the incision. Leave it alone. If it falls off then clean incision as below:
 - Clean incisions with Q-tip dipped in diluted Hydrogen Peroxide gently 3-4 times a day.
 - “Roll the Q-tip.” Don’t scrub.
 - Mix half peroxide with half water in the cap then discard excess.
 - Apply prescribed antibiotic ointment or Vaseline ointment as directed 3-4 times a day very gently.
- Brush your teeth with a small toothbrush and use an oral mouth rinse 2-3 times a day for good dental hygiene.
 - Be gentle.
 - No flossing.
- Do not pick or pull at incisions.
- Sutures are typically removed 1 week after surgery.
- Protect skin and incisions from sun exposure.

ACTIVITY AND RECOVERY

- Avoid lifting over 20 pounds for 2 weeks.
- Most patients return to work in 1 week.
- Avoid strenuous exercise for 3–4 weeks.
- Do not drive while taking narcotic pain medication.

NORMAL SYMPTOMS

- Swelling and bruising.
- Stiffness. Tightness. Smile restriction.
- Mild chin and smile asymmetries. Noticeable incision.

NOTIFY YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE:

- Fever greater than 101°F.
- Severe or worsening pain or swelling.
- Bleeding or drainage.
- Rash or severe itching or blisters.
- Call 911 if you experience shortness of breath or chest pain.