

Chin Implants Post Op

RECOVERY TIMETABLE:

Approximate recovery after chin implant is as follows:

DAY 1:

Return Home.

DAY 1-2:

Aching, throbbing.

DAYS 6-8:

Bandage off, stitches removed or dissolving.

REMEMBER: If you have any concerns or questions, you should be comfortable contacting our office any time. Our office should be a source of information and reassurance throughout this entire experience, from the time of your first consultation and continuing after your surgery.

WHAT CAN I EXPECT AFTER SURGERY?

1. There will be a mild to moderate amount of discomfort associated with the surgery. This should be easily controlled with oral medications. Tylenol with codeine (or equivalent if allergy to codeine exists) is generally always sufficient for pain control. Occasionally, using a medication to help you sleep may be useful for the first 7 to 10 days after the surgery. After the surgery, pain should really not be a major problem for you.
2. The discomfort and pain should begin to significantly decrease after 72 hours, and, a significant increase in pain after this period should prompt

you to call the office. Severe pain is rare; if you experience this, please contact us immediately.

3. Bruising and swelling are to be expected after the surgery. To minimize the swelling, you should sleep with your head elevated 30 degrees for 3 weeks after the surgery.

4. It is not unusual to have some slightly blood tinged drainage for the first few days after surgery. This will most often significantly improve or disappear by the end of the first week.

It is of utmost importance to tell Dr. Smith ahead of time if you have ever been on Accutane, received radiation therapy to the head or neck, taken steroids or immunosuppressive agents.

Immunosuppressed patients (HIV positive, chemotherapy, AIDS, etc) and patients with certain autoimmune disorders are not good candidates for this procedure as the risks of poor healing and infection leading to permanent scarring are much higher. It is mandatory that you inform Dr. Smith if you have any of these conditions before surgery.

CALL THE OFFICE PROMPTLY IF YOU NOTICE ANY OF THE FOLLOWING:

- the operative site becomes very red in color, has purulent drainage, or is very warm to touch.
- development of a temperature elevation exceeding 100.0 degrees Fahrenheit.
- a significant increase in pain after the first 72 hours following surgery.

If any of the above should occur after regular office hours, call us through the answering service. For whatever reason, if you notice one of the above changes and cannot reach us at our office or through the answering service, present yourself to the emergency department for evaluation.

HOW DO I CARE FOR MYSELF AFTER SURGERY?

Make arrangements to have someone drive you to, and from, your surgery.

We highly recommend that someone stay with you the first night after your surgery.

Try to fill your prescriptions before your surgery since it means one less thing for you to worry about afterwards.

Arrive for your surgery in loose, comfortable clothing. Your top should button or zip rather than pull over your head.

Be sure to keep the dressing clean and dry until your first post operative visit to the office. Do not remove the dressing until we see you in the office, unless instructed to do so ahead of time by your surgeon.

Take the antibiotics and pain medication only as prescribed by the office.

Do not take any aspirin or any anti-inflammatory compounds for 4 weeks before and 2 weeks after your surgery unless you first discuss it with your surgeon.

If you use tobacco products, you should not use these products for at least 6 weeks prior to surgery and 6 weeks after surgery. Smoking and chewing tobacco inhibit your circulation and can significantly compromise your surgical outcome. Your surgery may be canceled if you have not followed the above noted recommendations.

If bleeding occurs, apply firm pressure to the site for at least 10 minutes. Do not remove or lift the dressing during this time. Call our office if the bleeding persists.

The dressings and sutures will be removed approximately 1 week after surgery. Some sutures may be left to dissolve on their own.

You should do no vigorous exercise and should avoid any significant physical exertion for a minimum of 2 weeks after your surgery.

You should not participate in any contact sports until approved by your surgeon. Generally, you should avoid such activity for a minimum of 4 weeks after your surgery.

Sleep with the head elevated 30 degrees for at least the first 48 hours

If the implant was placed through an incision in your mouth, rinse with water several times after each meal or snack for a couple of weeks after your surgery.