

## Sliding Genioplasty Post Operative Instructions

- Take the antibiotic, pain, and anti-nausea medication the day after your surgery as prescribed by Dr. Smith. You may start your pain medication the night of surgery if needed.
- Swelling after surgery is expected and is typically worst during the first 3–5 days. Swelling and tightness in the chin, lower lip, and jaw area is normal and will gradually improve over the next several weeks.
- You may experience temporary numbness or tingling of the lower lip, chin, or gums. This is very common after genioplasty surgery and sensation may take weeks to months to fully return.
- Keep your head elevated at all times, including while sleeping, for at least 1 week after surgery. Sleeping in a recliner or with multiple pillows is recommended.
- Apply ice packs to the chin and jaw area for the first 48–72 hours while awake. Ice should be used 20 minutes on and 10 minutes off to help minimize swelling and discomfort.
- You may have sutures inside your mouth. These sutures are dissolvable and do not need to be removed.
- It is very important to keep your mouth clean after surgery. Rinse gently with the prescribed mouth rinse twice daily and saline after meals
- Brush your teeth gently with a soft toothbrush, avoiding the lower incision area inside the mouth.
- Stick to a soft food diet for at least 2 weeks after surgery. Avoid hard, crunchy, spicy, or chewy foods that may irritate the incision or place stress on the chin.
- Drink plenty of fluids to stay hydrated. Avoid using straws for the first week after surgery.
- Some bruising and swelling under the chin and along the jawline is normal and may take several weeks to fully resolve.
- No bending, heavy lifting, or strenuous exercise greater than 15 pounds for 3 weeks after surgery. Light walking is encouraged.
- Do not smoke, use nicotine products, or vape for at least 6 weeks before and after surgery. Nicotine significantly delays healing and can compromise your surgical outcome.
- Avoid sleeping on your stomach /side or putting pressure directly on your chin while healing. Sleep elevated for 7 days minimum.
- Please contact the office immediately if you develop worsening swelling on one side, fever greater than 101°F, foul drainage, difficulty breathing, bleeding in the mouth, or severe pain not controlled with medication.

- You will be given your follow up visit via our Klara patient communication app. Please contact us through Klara with any questions or concerns.