

CHIN AUGMENTATION/REDUCTION SURGERY INSTRUCTIONS

Before your procedure, you will need to purchase: Hydrogen peroxide, frozen peas or ice packs, antibiotic ointment (Polysporin or Bacitracin), cotton swabs, and prescriptions.

Six weeks before surgery:

You must quit smoking at least 6 weeks prior to your surgery.

Two weeks before surgery:

All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products) *Please let the doctor know if you must continue these medications.*

Evening before surgery:

1. **NOTHING** to eat, drink, or smoke after midnight.
2. Take your medications as normally prescribed.

Morning of surgery:

1. Wash your face thoroughly. *Do not apply make-up or facial creams.*
2. You may take your prescription medications with a sip of water only.
3. If you were prescribed an antibiotic, take it with a sip of water before coming to your procedure. If your surgery is in the operating room, your antibiotic will be given there.

After Surgery:

1. Relax and sleep with your **head elevated** using at least two pillows under head and shoulders for at least the first 72 hours. Sleeping in a reclining chair is good as well. This will help minimize facial swelling by keeping your head above your chest.
2. Apply ice packs or frozen peas/carrots to area in ½ hour intervals for the first 72 hours. Use a thin washcloth or gauze between the plastic and your skin. Don't leave on for more than ½ hour at a time. Intermittent icing will help reduce swelling and bruising.
3. Take your pain medication every 6 hours, only if needed. Always take narcotic pain medicine with food to decrease nausea. If you have no pain, do not take the medication. For minimal pain, take only Extra-Strength Tylenol. **DO NOT** take aspirin or aspirin-like products such as ibuprofen.
4. If you experience extreme pain, swelling or temperature elevation, call the office immediately.

DOUGLAS SIDLE, MD
Facial Plastic and Reconstructive Surgery

5. Occasionally, a compressive head dressing may be placed for 2 days. Once the dressing has been removed (or if one was not used), the sutures under the chin should be cleaned, using a cotton swab soaked with hydrogen peroxide then patted dry. This is followed with the application of antibiotic ointment 3 times a day. The sutures will be removed around 7 days after surgery. Do not allow crusts to build up on the sutures.

Other Instructions:

1. You can expect bruising and swelling about the chin and mouth area. This should subside within 2 weeks.
2. Your chin and lower lip may be numb after surgery. The local anesthetic should be gone within 6 hours. Your chin will still feel slightly numb. This will gradually disappear.
3. Because of your lip and chin numbness, you should use extreme caution with foods/beverages that are very hot or very cold. Check food/beverage temperature before placing in your mouth.

General Information:

1. You may have an elastic bandage taped across your chin area (uncommon). This provides support and pressure to the chin. Remove this when directed by the doctor.
2. Normal activities may be resumed 48 hours after surgery but **NO** straining or strenuous activities for 1 week. Avoid activities in which there could be a blow to the chin for 4 weeks.
3. Limit talking, laughter, and mouth movement as much as possible for 3 days.
4. You may bathe, shower shampoo your hair, and resume sexual activities 48 hours after surgery. Use caution when brushing teeth.

**Please do not hesitate to call Dr. Sidle if you have any questions or concerns.
Office 312-695-8182**