

## **CHIN IMPLANT POST OP INSTRUCTIONS**

### **You will need to have available for after surgery:**

1. Antibiotic ointment located over the counter (Bacitracin or Polysporin or Neosporin)
2. Ice packs or frozen peas
3. Q-tips
4. Prescriptions (will be called into your pharmacy prior to procedure except for Pain Medication, Pain medication is now required to be prescribed on day of procedure with handwritten script): 1. Pain medication 2. Oral Antibiotic 3. Medrol dose pack (short course of oral steroids to reduce facial swelling)

**\*\*and if you don't need pain medication, you can just take over the counter Tylenol**

### **One week 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. Remove all eye makeup and mascara. Do not reapply until instructed to do so.
2. **NO FOOD OR DRINK 6 HOURS BEFORE THE PROCEDURE START TIME.**
3. No smoking.

### **Morning of surgery:**

1. Wash face thoroughly. Do not apply makeup or creams to face.
2. Bring dark glasses with you day of surgery.
3. ***Take your first dose of antibiotic pills on the morning of surgery with a small sip of water***
4. Remove your contact lenses
5. Do not wear any jewelry.

### **After surgery:**

1. Apply ice packs or frozen peas (placed in a Ziploc bag) to neck intermittently— 20-30 minutes on and then 20-30 minutes off-- for the first 72 hours. Use a thin washcloth or gauze between the plastic and your skin. Intermittent ice application for first 72 hours will reduce swelling and bruising.\*\*gentle application of ice, don't apply a heavy ice bag directly to chin\*\* But light ice application is fine.
2. Relax and keep your head elevated using at least two pillows under head and shoulders for at least 72 hours. Sleeping and resting in a reclined position or using a reclining chair is a good choice. This will help minimize facial swelling by keeping your head above your chest.
3. Recommend a low-sodium high protein diet for the first one week to ensure good healing. Be careful with eating foods or drink too cold or hot for the first 1-2 days due to loss of sensation.
4. Take the pain medication every 4-6 hours, if needed. If you have no pain, do not take the medication. Always take narcotic pain medicine with some food to

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# DOUGLAS SIDLE, MD

## Facial Plastic and Reconstructive Surgery

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- decrease nausea. For minimal pain use Extra Strength Tylenol only. **DO NOT** any aspirin or aspirin-like products.
5. If you experience extreme pain, swelling, or temperature elevation, call the office immediately.
  6. **Incision Cleaning:** The sutures placed under the chin should be cleaned 2-3 times a day for the first one week. Please clean the incision/sutures using a cotton swab (q-tip) soaked with hydrogen peroxide, rolling gently over the sutures. This will keep clean and remove any dried blood and prevent any scabs from forming on incision. Then apply antibiotic ointment to keep incision moist. Perform the cleaning 2-3 times a day until your first post operative appointment. Goal is not to allow crusts to build up on sutures. You may keep incision open to air and you do not need to cover the incision. OR if there are “brown” or “white” steri-strip tapes placed over the chin incision—then please leave intact until your first post operative appointment. If Steri-Strip tapes are placed—no incision care required to the chin incision and the tapes will stay intact even when you shower, just pat dry.

### **Other instructions:**

1. You can expect bruising and swelling to the chin and mouth area. This will 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 feel slightly numb. This will gradually disappear.
3. Because of your lip and chin numbness, you should, you should use extreme caution with food/beverages that very hot or very cold. Check food/beverages temperature before placing in your mouth.

### **General information:**

1. Normal activities may be resumed 48 hours after surgery but **NO** straining or strenuous aerobic activities for 1 week. Avoid activities in which there could be a blow to the chin for 4-6 weeks.
2. Limit talking, laughter, and mouth movement as much as possible for the first 3 days.
3. You may bathe, shower, shampoo you hair, and wash the incision with soapy water after 36 hours (2 days). You may resume sexual activities after 48 hours.
4. You will have significantly less swelling and bruising this time, since the implant pocket has already been made with your previous surgery.
5. Sutures will be removed at 5-7 days, if the incision is located under the chin.

**Please do not hesitate to call Dr. Sidle if you have any questions or concerns.**

**Office#: 312-695-8182**  
**After hours please use Dr. Sidle's Cell#: 773-220-4972**