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AESTHETIC CENTER AT WOODHOLME

# Chin Implant Post-operative Instructions

**Instructions:** Begin Day of Surgery

1. Limit activity to bed rest with bathroom privileges **the day of surgery.**
2. Apply ice compresses for 24-48 hours. Keep ice on as much as you can tolerate.
3. Drink plenty of fluids and avoid foods that require a lot of chewing, as this may increase swelling and prolong healing. Soft regular diet as tolerated. Alcohol should be avoided for **1 week** after surgery.
4. Sleep with head elevated at least 30 degrees (2-3pillows) for **1 week.**

**Call the office if you experience heavy bleeding, (saturating dressing) or experience severe pain.**

**NOTE: Swelling usually peaks 2-3 days after surgery.**

**Days 2-7:**

- Activity level:
  - You should be up and walking around the house after 24 hours.
  - No exercising, or activity that will increase your heart rate or blood pressure, no bending over or lifting over **20 lbs** for **2 weeks.**
  - Do not return to exercise until approved by your physician.

**Begin suture line care:** Clean suture lines with normal saline/hydrogen peroxide solution (provided), using gauze pads. Apply Bacitracin ointment, repeat procedure 2-3 times/day.

**Continue to sleep on your back with your head elevated at least 30 degrees (2-3 pillows) 1 weeks after surgery.** This helps reduce bruising, swelling and discomfort.

**Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, or fever above 101.5F.**

Return to office for follow-up appointment on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

\_\_\_ Postoperative instructions have been reviewed with me.

\_\_\_ I have received a copy of these instructions.

Time: \_\_\_\_\_

\_\_\_\_\_  
 Nurse

\_\_\_\_\_  
 Physician

\_\_\_\_\_  
 Patient or responsible party

\_\_\_\_\_  
 Relationship to patient