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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.**
  5. **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:
  - o You should be up and walking around the house after 24 hours.
  - o No exercising, or activity that will increase your heart rate or blood pressure, no bending over or lifting over 5 lbs for **1 week.**
  - o 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