

POST-OPERATIVE INSTRUCTIONS FOR CHIN & CHEEK IMPLANTS

CARE OF INCISIONS

- The brown paper tape dressing should not be removed and should be kept clean and dry. The tape dressing will remain in place for approximately 7 days.
- Apply light weighted ziplock bag of crushed ice (bag of frozen peas wrapped in washcloth works well) to the lower chin and upper neck area continuously for the first 12-24 hours and frequently thereafter for the first 2-3 days. **AVOID GETTING THE TAN TAPE DRESSING UNDER THE CHIN WET.**

ACTIVITY

- You may shower (USING WARM, NOT HOT WATER) avoiding direct spray of water on the face or around the incisions the first day after surgery.
- Keep upper body elevated following surgery. Sleep on back and elevated 30-40 degrees. Sleeping in a recliner is ideal. Sleep elevated for approximately 2 weeks and on your back for approximately 2 months.
- Avoid straining or any activity that causes a feeling of pressure in the face.
- Do not manipulate the chin in any way. Be careful not to bump the chin.
- Check with Dr. Yune before resuming any physical activities, including driving.

DIET

- When eating, take smaller bites. You may also want to soften your diet to minimize chewing.
- Begin with bland foods (clear liquids, broth, etc.) and advance as tolerated.
- Resume a well-balanced diet including protein and high fiber foods.
- Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.
- Increase fluids such as water and fruit juices (with the exception of citrus fruits) the day of surgery.

MEDICATIONS

- Take antibiotic as directed by your prescription (on medication bottle).
- Take pain medication as directed (avoid driving or consuming alcohol while taking prescription pain medicine).
- If pain is mild, you may take extra strength Tylenol per manufacturer's directions.
- Do not take any products containing ibuprofen (including Advil, Midol, etc.) in place of pain medicine.
- Take stool softener as directed beginning the evening of surgery.
- Please check with Dr. Yune before resuming any medications taken on a regular basis.

WHAT TO EXPECT

- Some bruising and swelling is normal as well as a small amount of oozing along the incision line. Please notify us if you are experiencing extreme swelling or bleeding.
- It is not unusual to feel numbness around the chin and lower lip during the healing of your chin.

- Implants may feel too large when first put in, but before long, your body will adapt to the implant and it will feel natural.
- Occasionally a patient will run a low fever (about 100 degrees). Please notify us if it persists longer than 24 hours or if it goes higher than 100 degrees.
- Some mild nausea or vomiting is not uncommon the first 24 hours following surgery. Please notify us if you are experiencing severe nausea and vomiting and are unable to keep liquids down.
- Many patients have some periods of discouragement or mild depression after cosmetic surgery. It is normal to be concerned when your face is swollen and bruised.
- Resuming social activities and returning to work depend on the level physical activity and public contact you require, as well as the swelling and bruising you may develop. The average patient goes back to work or social activities in 5 to 7 days. A professional make-up consultant is available through the Aesthetic Specialty Centre to assist you in your recovery and after complete healing. You may schedule an appointment once Dr. Yune has approved your healing state.

****Please do not hesitate to call our office at 770.393.9000 for any questions or concerns.**