



**Cosmetic Plastic
Surgery Institute**

Chin Implant Postop Instructions

- 1. Position:** For at least the first week after surgery, try to sleep on your back. In order to avoid turning on your side, you may use a pillow on each side of you during sleep. If you are a restless sleeper, you may consider sleeping in a Lazy Boy chair. You should also use two pillows to elevate and support your head and back which will reduce chin swelling.
- 2. Dressings:** At the end of surgery a chin compression bra will be applied around your neck and chin. This chin bra is kept in place for four days following surgery. You will return to your doctor's office one week following surgery, at which time he will remove a small Steri-Strip that is applied to your surgical incision found under your chin in an area called the submental shadow.
- 3. Sutures:** Sutures are usually internal and external. The external stitches will be removed at one week following surgery when your Steri-Strip is removed.
- 4. Exposure to sunlight:** Sunlight will cause all surgical incisions to darken. Surgical incisions are darkest from two to three months, after which they will fade gradually over one to two years. Since the incision is placed in the submental shadow, it is not exposed to sunlight when standing upright. However, you should avoid lying out or sun tanning your neck area.
- 5. Showering and Bathing:** You may shower 36 hours after surgery and only below the neck. On the fifth day following surgery you will be allowed to take down your chin bra and to take a full shower.
- 6. Healing of sensory nerves:** When tolerable, tingling and burning indicate regrowth of the sensory nerves. If these sensations cause pain, gentle self-massage can help desensitize area of tenderness. If the pain gets progressively worse and intolerable, you should make sure you don't have an infection or blood accumulation called a hematoma; you should contact your doctor immediately.
- 7. Brushing your teeth:** You should avoid brushing of your teeth for two weeks following surgery. This is because there are bacteria that live on your teeth, and brushing will displace the bacteria. This action may trigger the bacteria to migrate to your implant and resulting in an infection. During the first two weeks following surgery, you are recommended to only rinse with mouthwash and avoid mechanically disturbing the bacteria that live on your teeth.
- 8. Massage:** You should avoid massaging or compressing the chin region for 6 weeks until the dissected pocket has completely healed. Unintended massage or compression of the chin implant may result in chin asymmetry.



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9. **Activities:** Any type of strenuous activity can induce swelling and bleeding, especially during the first 10-14 days after surgery. In general, guide your activities by your discomfort – that is, if an activity hurts, do not do it. **In general, you should avoid strenuous activities for at least 4 weeks.**

10. **Postoperative visits:** The doctor should examine you within the first week after surgery. At this visit, your doctor will make sure that your chin implant has not been displaced. You will return to your doctor at one month following surgery for postoperative follow up photographs. At this time, you will also be released to return to full physical activity.

Pt Name: _____

Pt. Signature: _____

Date: _____