



## ***INSTRUCTIONS AFTER CHIN IMPLANT***

### **Activity:**

- Immediately after surgery you should rest for the first 48 hours.
- Stay in the company of a responsible adult for the first night.
- Commence on a light or liquid diet as tolerated as anesthesia medications can make you feel nauseous. You may want to begin with soft foods, chewing may increase your discomfort.
- To minimize swelling you should keep your head elevated at all times. Sleep with at least two pillows or in a recliner.
- In some cases there is temporary numbness for weeks to months after surgery due to stretching of the nerve supply.
- Avoid any strenuous activity, heavy lifting or bending over for the first two weeks (bend from the knees).
- During the first 14 days after surgery no housework or physical labor
- Avoid dental work for at least 4 weeks after surgery to prevent manipulation of the jaw.
- Avoid direct sun exposure. Wear a high grade sun block and a hat or visor to keep the incisions protected from the sun.

### **Dressing Care:**

- Leave the dressing in place for 24 hours.
- After the dressing is removed you may allow the surgical site to get wet briefly while showering then pat gently dry. Do not use a perfumed or medicated shampoo. Wash your face with a mild cleanser.
- You may apply moisturizer to your face but away from your suture line.

### **Medication:**

- You may take Tylenol for mild/moderate discomfort. (Be aware if the pain medication you are taking contains Tylenol. Do not take two items containing Tylenol.)
- Take prescription pain medicine as needed for more severe pain according to the instructions on your prescription.
- Continue to take the supplemental vitamins and arnica that was given to you preoperatively.

**Please use the medication prescriptions already give to you:**

**Pain Medicine** \_\_\_\_\_

**Anti-Nausea Medicine** \_\_\_\_\_

**Follow-up:**

**Your 1<sup>st</sup> postop visit is** \_\_\_\_\_

If a follow up appointment has not been made for you please call our office during regular business hours (8:30am to 5:00pm) at you earliest convenience.

If you have any unusual bleeding, severe pain (not responding to pain medication) or any signs of infection, call (617) 786-7600 anytime to reach the doctor.

**I acknowledge the above instructions were explained to me and that I understand them.**

Signature: \_\_\_\_\_ Date \_\_\_\_\_