

STEPHEN EVANGELISTI, M.D.

Aesthetic and Reconstructive Surgery

Post Operative Chin Implant Instructions

Medication

- After surgery, if you need them, you may begin the pain medication as prescribed to you by this office. **Pain medication may cause constipation. If you experience constipation, you may begin an over the counter stool softner(i.e Colace) to alleviate any discomfort.**
- Day after surgery please restart the antibiotics that you were prescribed and continue full course until complete.
- **DO NOT take any of the following for 1 week after surgery**
Advil, motrin, ibuprofen, Aleve or any medication that contains those products
- If you choose not to take the narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take.

Daily Care

Your dressing after surgery will remain on until the following morning. It is important to relax and keep your head elevated the night after surgery. Your dressing if present under the chin can be removed the morning after surgery. It can be replaced if needed due to drainage.

Intraorally placed implant:

- Please limit yourself to liquids for the first 24 hours and a soft diet for the first week after surgery. From there you should slowly advance your diet as tolerated.
- After each meal and before you go to bed you should rinse with an OTC mouth rinse.
- Apply pressure against gum in sulcus above chin while brushing lower teeth for 3 weeks

Submental placed implant/incision (under the chin):

- Tape will be applied over your incision. This tape should stay on for the first week following surgery. You may get it wet, but blot it dry afterwards. If it does fall off, you should clean the incision with hydrogen peroxide and Q-tips and then apply antibiotic ointment three times a day.
- A soft diet is indicated for the first week after surgery.

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What to expect

- *Swelling* -Swelling will vary patient-to-patient. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoiding bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months.
- *Discoloration*-Bruising will vary like swelling from person to person. Most bruising and discoloration should resolve over the first two weeks.
- *Numbness*-Your jaw and/or lower lip may be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate/recover over time.

Restrictions

- No strenuous exercise for at least two weeks.
- No heavy lifting for three weeks.
- Avoid hard chewing foods for two weeks.
- No contact sports for six weeks.