

## Chin Augmentation Post Operative Instructions

- **ORAL HYGIENE:** Good oral hygiene is imperative if Dr. Meeks has made an incision within your mouth. Gentle brushing and thorough rinsing after each meal are important. Using a mouthwash, salt water, or a 50% hydrogen peroxide/50% water mixture as often as 6 times daily.
- **POSITION:** Keeping your head above the level of your heart is much as possible helps to minimize the swelling and thus the discomfort.
- **DIET:** Numbness and stiffness of the lower lip and the incision inside your mouth (if one was made) can make eating more difficult. Start with liquids and soft foods, and progress to a more solid diet as comfort allows.
- **DRESSINGS:** Sometimes, we use elastic tape to stabilize the implant in the correct position. Dr. Meeks or the nurse will remove this 2 or 3 days after surgery. You may shower in the morning after surgery, so long as you keep the tape dry.
- **SUTURES:** If an incision was made inside your mouth, the sutures will dissolve in about 2 weeks. You will feel them with your tongue, but it is better if you leave them alone. If your incision was made beneath the chin, those sutures will be removed in 4-7 days after surgery.

### LONGER-TERM POST-OPERATIVE INSTRUCTIONS\*

- **ACTIVITY/SPORTS:** We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 3 to 4 weeks. Dr. Meeks will give you clearance to increase your activities according to the progress of the recovery.
- **DRIVING:** You may resume driving when you feel you are able, but wait at least two days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive!
- **SEXUAL ACTIVITY:** You may enjoy sexual activity as your body allows with the following restriction: Please reread activity/sports above and apply the same concept to sex.
- **SUN EXPOSURE:** As fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is still slightly numb -- you might not "feel" sunburn developing!
- **WORK:** Follow whatever plan you and Dr. Meeks have agreed upon.

### SPECIFIC AS YOU HEAL INSTRUCTIONS

- **NUMBNESS:** Numbness, difficulty moving the lower lip, stiffness, and sensations of drooling or talking funny are common and will resolve within a few days to weeks. You won't look as strange to other people as you feel you do.
- **DISCOMFORT:** You may experience discomfort when you bump your chin or lie on your stomach. This, too, will resolve.
- **SUTURES:** If an incision was made inside your mouth, the suture line may look gray as it heals. This does not indicate infections if none of the other mentioned symptoms are apparent. The lining of the mouth tends to heal very quickly.
- **HEALING OF SENSORY NERVES:** Tingling sensations or shooting pains indicate that the superficial nerves are coming back to life. Normal sensation should return within 2-3 months.