



UTAH FACIAL PLASTICS

Surgery • Med Spa • Hair Restoration

PRE-OPERATIVE INSTRUCTIONS FOR CHIN SURGERY

3-4 WEEKS BEFORE SURGERY:

- **Smoking.** Tobacco, cigarettes, and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. You must discontinue these products more than 4 weeks prior to surgery. Otherwise, the surgery will be cancelled.

2 WEEKS BEFORE SURGERY:

- **Diet/Supplement Restrictions.** Avoid foods, drinks and herbal supplements that can increase the risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over-the-counter pain medications.
- **Vitamin C.** Begin taking 1000 – 3000mg per day as tolerated 2 weeks. Vitamin C aids in wound healing.
- **Post surgery.** If your destination after surgery is over 60 minutes from the office, you must stay locally.

1 WEEK BEFORE SURGERY:

- **Review Instructions with Caregiver.** Confirm who will be driving you to and from surgery and stay with you for at least 24 hours after surgery. Caregivers must be over 18 years of age.
- **Alcohol.** Do not drink alcohol 1 week before and after surgery. Alcohol consumption may raise the blood pressure and initiate bleeding.
- **False eyelashes.** Have any false lashes removed, including extensions or strip lashes.

NIGHT BEFORE SURGERY:

- **Arrival time.** Our office will call the day before surgery with the arrival time. If you do not receive a call or for further questions, call the appropriate number below:
 - Utah Facial Plastics: (801)-776-2220
- **Shower.** The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria. Arrive on the day of the procedure with a clean face.
- **Set Up Home Recovery Area.** This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery. Make sure commonly used items are moved to this area where they are easily accessible and within reach.

DAY OF SURGERY:

- **Dress Comfortably:** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- **DO NOT wear** any makeup, jewelry, cosmetic creams, hair products, sunscreen, and remove all piercings.

POST-OPERATIVE INSTRUCTIONS FOR CHIN SURGERY

AFTER SURGERY:

- **Movement is Important:** Make sure you are up and walking around immediately after surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Take deep breaths frequently to keep your lungs clear.
- **Talking:** Talking should be minimized. Excessive talking, laughing, and chewing will cause more swelling and discomfort.
- **Sleep:** Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. Continue this for one to two weeks.
- **Post surgery.** If your destination after surgery is over 60 minutes from the office, you must stay locally.

MEDICATIONS:

- **Pain:** You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong, you can take Tylenol instead of the prescribed medication.
- **Constipation:** You will experience constipation if taking narcotic pain relievers. MiraLAX or other over-the-counter laxatives are recommended. Do not wait to take it until you are constipated. Begin treatment with narcotic use.
- **Medications to Avoid:** Take only those medications approved or prescribed by your surgeon. Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, others) for two weeks before and after surgery. These medications may increase bleeding. Pre and Post Chin Implant Instructions
- **Substances to Avoid:** Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

NUTRITION:

- **Diet:** Eat foods that are soft and require minimal chewing for one week. Do not eat salads, tough meats, or chew gum. Chewing can cause an increase in pain and swelling.

ACTIVITY:

- **Physical Activity:** It is important to not remain on complete bed rest while your body recovers. Normal daily activity may be resumed a few days after surgery. No bending over, straining, or lifting more than 5lbs for the first week after surgery. Be extremely careful if wearing any “pull-over the head” clothing.
- **Exercise:** Light physical activity may be resumed 2-3 weeks after surgery. Remember to start easily and build back up to your previous exercise levels. Just know that swelling may transiently be worse with exercise.
- **Driving:** Do NOT operate a vehicle or make important decisions until you have been off narcotic pain medications for 24 hours. Use good judgment.
- **Return to work:** Most patients require 5-7 days off work depending on their job responsibilities and amount of face-to-face interaction.
- **Cold Compress:** Crushed ice in a plastic bag, or frozen peas, wrapped in a terry cloth towel may be applied to the chin. You may do this for 20 minutes every hour for relief of pain and swelling during the first 48 hours after surgery. Do not directly place ice on your skin!

BATHING:

- **Showering:** It is fine to bathe if you do not get your dressing wet.
- **DO NOT:** soak in baths (Jacuzzis, pools, or hot tubs) until all incisions have fully healed.

HOW TO TAKE CARE OF YOUR INCISIONS:

- **Stitches:** Leave dressing on until your post operative appointment. Only if the dressing comes off begin cleaning by gently cleaning the sutures twice a day with a Q-Tip or gauze dipped in 50% hydrogen peroxide and 50% water. Pat the sutures dry with a clean gauze and then apply ointment (bacitracin/polysporin) twice a day. Your sutures will be removed five days after your procedure.

- **Sun Exposure:** Avoid and minimize sun exposure. Use SPF 30 or greater when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.
- **Scar healing:** We recommend an initial set of strategies to help minimize the risk of scar formation. This includes the use of SkinMedica scar gel (for purchase in-office). The scar gel should be combined with a zinc-based UV protection and applied directly on the incision.

WHAT TO EXPECT:

- **Drainage:** Drainage can occur from the incision sites for the first week. The drainage will be blood tinged. You may use gauze or a light pad to reinforce post-op dressings if this occurs.
- **Bruising:** You can expect to have bruising. Most bruises will heal after about 2-3 weeks. Make up can be started 12 days after surgery along your incisions to camouflage any bruising or redness. If there is bruising that is not on your incisions, it is okay to camouflage that one week after your surgery.
- **Swelling:** Swelling is to be expected for weeks and sometimes months, be patient this will continue to improve. Exercise and physical activity can transiently worsen swelling but is encouraged.
- **Itching:** Itching at the incision sites is normal for a few days. You may take Benadryl to help with this.
- **Pain:** It is normal to experience tightness, pressure, shooting pain, soreness, and fatigue for several days to weeks following surgery as you adjust to the new chin size and recover.
- **Sensory Changes in Skin:** Parts of the lower lip and chin may feel numb after the chin surgery. This is temporary and will resolve with time.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL

- **Signs of Infection:** Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, warmth at incision site and temperature over 101°F.
- **Excessive Bleeding:** If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.
- **Other Emergency Situations:** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

Utah Facial Plastics After Hours Answering Service – (801) 299-7660

APPOINTMENT TYPE	DATE / TIME	LOCATION	PROVIDER/STAFF
Surgery: Time TBD day before			
Post-Op Day 7: Dressing change			
2-3 Week Follow Up			