



## **CHIN (IMPLANT) AUGMENTATION POST-OP INSTRUCTIONS**

When sleeping during the first week post-surgery, keep your head and shoulders elevated about 30 degrees using 2-3 pillows. Do not bend at your waist thus allowing your head to drop below the level of your shoulders. Refrain from any lifting or straining during this first week.

**BANDAGES:** Post-op, tape is placed on your chin to position the implant during the healing process. You may remove the tape after 5 days. Any sutures are removed between 5-7 days postop.

**ICE:** Icing reduces both bruising and swelling. Apply ice to your chin area for up to 20 minutes per hour, while awake, for the first 36-48 hours. Crushed ice from your refrigerator dispenser, or frozen peas in a Ziploc baggie, work well as ice packs.

**MEDICATIONS:** Take all medications as instructed.

**ACTIVITY:** The first night post-op, bed rest with a small amount of walking is allowed. No bending, stooping, or straining for 7 days. Avoid strenuous exercise for 4 weeks.

**WASHING/BATHING:** May shower after 24 hours. Bacitracin or polysporin ointment should be applied to the suture line 2 times per day.

You should notice a gradual reduction in discomfort from the wounds. A marked increase in discomfort, increase in redness, or temperature greater than 101 should be reported to Dr. Saldana immediately. These could be signs of infection.

Should you have any questions or concerns, Please contact the office.