

POSTOPERATIVE CARE-OUTPATIENT SURGERY CHIN AUGMENTATION

- **Your first 24 hours**

Someone should stay overnight with you.

- **Position**

Keep your head elevated above the level of your heart as much as possible. This helps to minimize the swelling and thus the discomfort.

- **Dressings**

Keep your dressings as clean as possible. Do not remove them unless instructed to do so.

- **Wound Care**

Apply ointment frequently until sutures are removed.

- **Swelling**

Expect some discomfort. This should be relieved by your pain medication.

- **Ice Packs**

Cold or ice packs help to reduce swelling, bruising, and pain. Use frozen peas in the package or crush ice cubes and put the ice into a zip-lock bag. This should help not hurt. If the ice feels uncomfortable, do not use it as often.

- **Showering and Bathing**

You may take a “sponge bath” the day after surgery until directed differently by the physician. .

- **Sutures**

Your sutures will be removed 7-8 days after surgery.

- **Activities**

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 4-6 weeks. The physician will give you clearance to increase your activities according to the progress of your recovery.

- **Driving**

You may resume driving 7-10 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 certain restrictions. (Refer to back to activity)

- **Exposure to Sunlight**

We recommend that you protect your scars from the sun for a year after surgery. Even through a bathing suit, a good deal of sunlight can reach the skin and cause damage. Wear a sunscreen with a skin-protection factor (SPF) of a least 15 when out in the sun.

- **Diet**

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, let us know as soon as possible. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

- **Smoking**

Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 15 days after surgery.

- **Alcohol**

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **Returning To Work**

The average person usually returns to work or to a social schedule in 2-3 weeks. However, there is considerable variation in healing and occasionally a full month is required.

- **Post Operative Appointments**

It is very important that you follow the schedule of appointments we establish after surgery.

- **Finally**

If you have excessive bleeding or pain, call the office at 859-254-5665, day or night.