

Chin Augmentation Surgery
Clinic Phone Number: 801-449-9990

1. Post-operative care:

A caregiver over the age of 18 must be with you for 24 hours following surgery.

- **Before and Immediately after your surgery-** Go to www.MobleyMD.com/care. There is a post-op care video(s) for you to watch. Begin this care when instructed to do so by Dr. Mobley or his staff- most often the first night.

2. How you should expect to feel after surgery:

- If you had general anesthesia that can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, 7-up, Gatorade, or other sport drinks. Eat a bland diet (saltine crackers and broth for starters).
- After surgery you will have some pain and discomfort, which is to be expected and should be controlled with pain medications (Tylenol or prescription pain medications only)
- **Escalating, severe pain is not typical and should be addressed.**
- You will have swelling, which is common after facial surgery. You are able to use ice for 20 minutes on, 20 minutes off. Swelling usually peaks at day 3, and slowly subsides after that. It is common for some swelling to last 2-5 weeks after surgery. Patients are different in their healing process.
- When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. An extra pillow or two usually is all you need. Sleeping sitting up is not necessary.

1. Bandages/Wound care:

- You will often have a dressing over your head and/or around the chin area. Please **do not explore the area under the bandages with your fingers**. The implant is sutured securely into place and excessive manipulations should be avoided.
- If there are steri-strips or a bandage around the chin then Dr. Mobley or his staff will instruct you when to remove these. Typically, 48 hours post op. (If this is the case

they may be removed while in the shower to help loosen the adhesive.) DO NOT remove dressing earlier than told!

- You may have blue stitches under your chin. Keeping them clean and moist is important to the healing process. You will use hydrogen peroxide to clean the area 2-3 times a day, and then apply a thick smear of antibiotic ointment. The ointment is to be kept on the sutures at all times. If you have questions watch the video for cleaning facial stitches.
- **Avoid all sun exposure until the incision is completely healed.** The small incision under your chin will heal with minimum scarring if kept out of the sun. If you are in the sun, apply sunscreen. Sunscreen should be applied daily for at least 90 days post surgery.

2. Pain Management:

- Dr. Mobley will give you a narcotic pain medication to help control your pain after surgery. They will explain in detail how and when to use them. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let them know in advance, so they are able to give you a more compatible pain medication prescription.**
- **Tylenol is the ONLY over-the-counter pain medication you are able to take after surgery for seven days. No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.**
- Common side effects of narcotics include:
 - Constipation: Take a stool softener (MiraLax), increase fluids, walk more.
 - Nausea: Decrease narcotics, use the prescription suppository, and take medication with food.
 - Loss of appetite: This will improve over time and once you stop taking the narcotic.
 - Sleepiness: This will improve once you stop taking the narcotics.
 - You should **NEVER** drive or consume alcohol while taking narcotic pain medication.

3. Activity/Exercise:

- Following your surgery, **NO** strenuous activity or exercise for the first week.
- **Light mobility is encouraged and is vital to your recovery. Take short, frequent walks around your house to decrease the chances of complications, decrease the possibility of developing a blood clot, and maintain good circulation.**
- **Do not lie in bed for extended periods of time.**
- One week following surgery, you can begin to increase your activity by 15% each day. By the 14th day following surgery, you should be back to your normal activities.

4. Return to work:

- In most cases you will be able to return to work within a week from your surgery. Each patient is different in their healing process, so this can be discussed at one of your post-operative appointments. A return to work form can be given to you at that time.

Signature: _____ Date: _____