

LASER & COSMETIC SURGERY SPECIALISTS, PC

POST-OPERATIVE INSTRUCTIONS

Patient:

Surgery Date:

Post-Operative Instructions for Chin Augmentation

IN CASE OF AN EMERGENCY

- During business hours: call the office @ **(845) 863-1772**
 - After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

No HOT, WARM compresses. Use Ice packs over your chin for the first 48 to 72 hours.

You can expect:

1) Noticeable chin swelling for 1 week but final subtle swelling resolution and changes can take up to 12 weeks from surgery. Most patients can return to work in a week. There will be tape around the chin to help decrease the swelling and keep the implant in place. Do not shower and wet your chin until after your first post operative visit in one week. The tape will gradually fall off. You may trim the edges but do not pull on the tape. If the tape is fully off, clean the small chin incision with peroxide and apply Polysporin antibiotic ointment to the suture line three times per day. Apply ice to your chin and neck for the first 48 to 72 hours and sleeping slightly upright

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such as in a recliner can help reduce the swelling. Minimize vigorous chewing for the first week. Soft food is preferable.

Do not engage in exercise that will make your heart race for the first 14 days and full contact type sports may be resumed 4 weeks after surgery. A strong blow to the chin in the first few weeks from surgery can result in shifting of the implant.

2) Moderate discomfort-use pain medications as directed

3) Swelling and black and blue around your chin, sometimes more on the second or third day after surgery than the first

4) Slight temporary numbness of the lower lip can occur and is normal.

Call the office if you have:

- 1) Severe pain not responding to pain medication
- 2) Prolong or profuse bleeding.
- 3) Pus draining from the chin incision site.
- 3) If any other questions or problems arise.

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.

Patient Signature	Date	Coordinator Signature	Date
Ran Y. Rubinstein, MD	Date	Nurse Signature	Date

Revised 6-9-09