

CHIN IMPLANT POST-OPERATIVE INSTRUCTIONS

Supplies to have at home before surgery:

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)

Activity:

- Keep your head elevated to decrease swelling. This can mean sleeping in a lazy-boy recliner or with at least 2 pillows while in bed.
- Keeping your head elevated will ensure that the swelling decreases as quickly as possible. This should be done as much as possible for 3-5 days.
- Avoid excessive physical activity, bending over, or lifting objects greater than 10 lbs
- Don't sleep with pets in bed for the first week after surgery
- Avoid smoking or exposure to second-hand smoke
- You may shower 24 hours after surgery, but do not get the larger exterior dressing wet
- Avoid excessively hot showers, saunas, or hot tubs for the first 2 weeks to decrease swelling
- If you are given a chin strap it should be worn at all times (other than while showering) for the first week after surgery. During the second week it can be worn at night only.

Medications:

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**
- Antibiotic (cephalexin or clindamycin) is to be started the morning after surgery until completed
- Resuming blood thinner medications should be discussed with your surgeon before starting them post-operatively
- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

Wound Care:

- The larger, exterior bandage can be removed at 48 hours after surgery
- The tapes underneath (Steri-strips) can be removed in the shower before attending your first post-operative appointment

First Post-operative Appointment:

- All sutures will be removed at this appointment other than the dissolving ones in the scalp

Recovery:

- Scar massage with moisturizer can begin after suture removal
- Make-up can be applied 1-2 weeks after surgery
- Sunscreen is extremely important. The use of SPF 45 or higher along the incision line will prevent pigment changes due to sun exposure. This can be started 2-3 weeks after surgery.

RED FLAG SYMPTOMS:

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Increasing pain, redness, foul odour or drainage from the incision
- Sudden increase in swelling in the chin, jawline or neck
- Fever exceeding 38.3°C
- Excessive bleeding
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

Do not hesitate to call with any questions or concerns.

Clinic business hours (9AM to 4 PM): 613-595-1880

After hours: 613-219-9636 (Dr. MacArthur Cell)

Patient signature: _____

Date: _____

RN signature: _____

Date: _____