

Post-Operative Instructions

Chin Implant (Alloplastic Genioplasty)

Following your surgery, it is important that you follow Dr. Shaddix's post-operative instructions. If you have any questions regarding these instructions or any other aspect of your care, please call our office at (850) 476-7100.

General

- You will need to arrange for someone to drive you home after surgery and to stay with you for the first 24 hours after your procedure.
- It is important to relax after surgery. You will have less energy than usual for the first few days and should not try to go back to your normal activities right away. Your body needs rest to heal.
- You should be able to return to work and social activities within a few days of your surgery.

Medications

- For the first ten days after surgery, do not take aspirin, aspirin-containing products, or any NSAIDs (Bufferin, Anacin, Excedrin, Aleve, Ibuprofen, Motrin, many cough and cold medications, etc.).
- Please remember that the pain medication prescribed by Dr. Shaddix contains Tylenol. It is NOT safe to take regular Tylenol at the same time you are taking the pain medication.
- When taking the prescription pain medication, you should not drink alcohol or drive a car.
- The pain medication may make you drowsy or give you an upset stomach. If this is the case, ask Dr. Shaddix about alternative medications. You may also take your anti-nausea medication.
- Take your antibiotics until they are all gone.
- If you take regular medications, ask Dr. Shaddix when it is safe to resume taking them.

Activity

- You should be walking around on the evening of surgery.
- No strenuous activity or vigorous exercise for 1 week after surgery.
- Wait about 1 week after surgery before having sex or doing anything to raise your blood pressure substantially.
- No contact sports for 4-6 weeks after surgery.
- When sleeping or resting, keep your head elevated. You should sleep on two pillows or in a recliner for 1 week. Keeping your head above your heart will help decrease swelling.



Diet

- The anesthesia you are given may make you nauseated during the first day after surgery. Therefore, it is wise to drink liquids and eat only mild foods during this time. When you feel like it, you may resume your regular diet.
- If the incision is on the inside of your mouth, only take liquids for the first 24 hours and then eat only soft foods for the next 3 days.
- If the incision is under your chin, you may resume a regular diet as soon as you feel comfortable doing so.
- Increase your fluid intake in the first week after surgery.

Incision Care

- You will have a light tape dressing in place around your chin. This will be removed at your first postoperative visit 2-3 days after surgery. You may get it wet in the shower. If it falls off prematurely, simply cleanse the chin incision with hydrogen peroxide and Q-tips and apply an over-the-counter antibiotic ointment twice daily.
- If the incision is inside your mouth, you should rinse twice daily with antibacterial mouthwash.
- If the incision is under your chin, after the dressing is removed, you may gently cleanse your incision daily with soap and water and pat dry.

Things to Avoid

- Do not smoke or expose yourself to second-hand smoke.
- Do not stay in bed all day. Walk frequently, and then do it some more.
- Do not swim in a pool/lake/river/ocean for 4 weeks following surgery.
- Sauna and steam baths should be avoided for 6 weeks following surgery.
- Avoid heating pads and cold compresses. The skin around the incision and lower lip may not have normal sensation for some time. Applying heat or cold can cause burns or frostbite, respectively.
- Do not tan your scar for the first year following surgery because it may tan darker than the surrounding skin. This darkness, if allowed to occur, may be permanent. In general it is safe to begin using sunscreen on your incision 3 weeks after surgery. You should cover your incision with sunscreen during the first year after surgery. Tanning beds should be avoided.

Things to Look For

- If you develop a fever greater than 101°F, increasing pain, redness around the incision, or concerning drainage from the incision, call Dr. Shaddix immediately on his cell phone number that will be provided to you on the day of surgery.

Things to Expect

- Scars may become reddened before they fade. This is normal.
- Your discomfort will be at its peak on postoperative days 2 and 3. It should improve after that.



- Expect some discoloration and bruising. This will resolve within a couple of weeks.
- Expect some swelling. The majority of the swelling usually resolves after 1-2 weeks.
- There may be some numbness or decreased sensation of the chin and lower lip. This should return to normal, but full recovery may take several months. As this recovery progresses, you may have the feeling of pins and needles in the surgical area.
- The final result will not be evident until about 3 months after surgery.

Follow-up

- Dr. Shaddix would like to see you in clinic 2-3 days after surgery to remove the dressing. Please call our office to make this appointment if it has not already been scheduled.
- If there are sutures to remove, Dr. Shaddix will take those out on postoperative day 5.
- In addition to these appointments, Dr. Shaddix would like to see you again at 3 weeks and 3 months after surgery.
- Please remember that we are here for you to answer any and all questions, no matter how small! If you have a question, it is likely that we have the answer.

