

THE FLOWERS CLINIC
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POSTOPERATIVE INSTRUCTIONS FOR CHIN AUGMENTATION

1. Nausea and/or perspiring are the first signs of fainting. If you experience this, immediately lie down with your head in a horizontal position with rest of your body and elevate your feet.

Failure to follow this rule could conceivably result in cardiac arrest or your heart stopping.

2. The incision is made inside your mouth, in lower inner lip. Stitches will dissolve.
3. A pressure bandage will be applied after surgery, below the lower lip and under the chin. This dressing will be left on for about one to three days.
4. During the time that the pressure bandage is in place, your diet will consist of:
 - 1st to 3rd day - Fluids, including blender-processed foods that need not be chewed. For example: tofu, fruits, chowder, etc.
 - 4th to 5th day - A soft diet which can include eggs, custards, all cooked vegetables and fruits, chicken, and fish.
 - 6th day on - Normal foods that require chewing if you can comfortably chew.
5. In order to keep your mouth free of debris, you may use mouthwash such as Cepacol or other similar washes, including salt water, after eating.
6. Sleep with your head elevated for at least 10 days following surgery.
7. During the early post-op stage, it is normal to experience bloody saliva with accompanying pain or discomfort in the chin area.
8. *Do not drive until you are sufficiently free of discomfort and are no longer taking medication.*
9. During the first three or four months after surgery, minimize exposure to sunlight. When you go in the sun, apply sunblock with SPF of 20 or higher.

IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO ASK THE DOCTOR OR NURSE, AS THEY WILL BE MOST HAPPY TO ASSIST YOU.