

SIEGEL

FACIAL PLASTIC SURGERY

After Chin Implant

- What can I expect after surgery?
- Call the Office promptly if you notice any of the following
- How do I care for myself after surgery?
- Recovery timetable

What can I expect after surgery?

There may be mild discomfort associated with the surgery. This should be easily controlled with oral medications. Tylenol with codeine (or equivalent if allergy to codeine exists) is generally always sufficient for pain control.

The discomfort and pain should begin to significantly decrease after 72 hours. A significant increase in pain after this period should prompt you to call the office. Severe pain is rare; if you experience this, please contact us immediately.

Bruising and swelling while part of every surgery should be minimal. You should sleep with your head elevated, with three pillows minimum, for the first week after surgery.

Call the office promptly if you notice any of the following:

- the operative site becomes very red in color, has purulent (containing pus) drainage, or is very warm, or tender to touch.
- development of a temperature elevation exceeding 101.0 degrees.
- a significant increase in pain after the first 48 hours following surgery.

- If any of the above should occur after regular office hours, do not hesitate to reach Dr. Siegel directly on his cell phone at 832-265-1935.

How do I care for myself after surgery?

Make arrangements to have someone drive you to, and from, your surgery.

Having someone stay with you on at least the first night after your surgery is highly recommended.

Be sure to fill your prescriptions before your surgery.

Arrive for your surgery in loose, comfortable clothing. Your top should button or zip rather than pull over your head.

If there is a dressing or bandage, be sure to keep it clean and dry until your first post-operative visit to the office. Do not remove the dressing until we see you in the office unless instructed to do so ahead of time by your surgeon.

Take the antibiotics and pain medication only as prescribed by the office.

Do not take any aspirin or any anti-inflammatory compounds for 2 weeks before and after your surgery unless you first discuss it with your surgeon.

Discontinue all tobacco products, including nicotine patches at least 2 weeks before and after surgery. Any form of nicotine inhibits your circulation and can significantly compromise your surgical outcome.

If bleeding occurs, apply firm pressure to the site for at least 10 minutes. Do not remove or lift the dressing during this time. Call our office if the bleeding persists.

The dressings and sutures will be removed approximately 1 week after surgery. Some sutures may be left to dissolve on their own.

You should do no vigorous exercise and should avoid any significant physical exertion for a minimum of 2 weeks after your surgery.

You should not participate in any contact sports until approved by your surgeon. Generally, you should avoid such activity for a minimum of 4 weeks after your surgery.

Sleep with the head elevated for at least the first 48 hours.

Recovery timetable

Approximate recovery after chin implant is as follows:

DAY 1 Return home.

DAY 1-2 If a dressing is present, it will be removed the day after your surgery.

DAY 6-8 Stitches removed or dissolving.

REMEMBER: If you have any concerns or questions, please contact our office any time. Our office should be a source of information and reassurance throughout this entire experience, from the time of your first consultation and continuing after your surgery.