

## CHIN AUGMENTATION/REDUCTION SURGERY INSTRUCTIONS

**You will need to purchase:** Hydrogen peroxide, frozen peas, antibiotic ointment (Bacitracin or Polysporin), Q-tips, and prescriptions.

### Evening Before Surgery:

1. **NOTHING** to eat, drink, or smoke after midnight, if having general anesthesia.
2. Take medications as prescribed.

### Morning of Surgery:

1. Wash your face thoroughly. *Do not* apply make-up.

### After Surgery:

1. Relax and sleep with your head elevated using two (2) pillows under head and shoulders for at least the first 72 hours. This will help minimize facial swelling.
2. Apply ice packs or frozen-pea packs to face, intermittently, for the first 72 hours. Use a thin washcloth or gauze between the plastic and your skin.
3. Take your pain medication every three to four (3-4) hours, if needed. If you have no pain, do not take the medication. For minimal pain, take Extra Strength Tylenol.
4. If you experience extreme pain, swelling or temperature elevation, call the office immediately.
5. Using a Q-tip, in a rolling motion, cleanse area with hydrogen peroxide and antibiotic ointment three (3) times a day. Your sutures will be removed about five (5) days after surgery.
6. Normal leisurely activities may be resumed whenever you are comfortable; however, **DO NOT** do any bending, straining or heavy lifting for at least one (1) week. Avoid activities that may cause a blow to the chin for four (4) weeks.
7. Limit talking, laughter and excessive facial movements as much as possible for the first three (3) days. A soft diet is best is recommended during this time.
8. You may shower/bathe 24 hours after your procedure. You may shave the chin/neck area three (3) days following your procedure.

### Other Instructions:

1. You can expect bruising and swelling about the chin and mouth area. This should subside within two (2) weeks.
2. Your chin and lower lip may be numb after surgery. The local anesthetic should be gone within a few hours. Your chin may still feel slightly numb. This will gradually disappear over time. Because of numbness, you should use extreme caution with foods/beverages that are very warm or very cold. Check food/beverage temperature before placing in your mouth. Use caution when brushing your lower teeth.
3. You will have a pinkish-red line at the incision site for approximately six to eight (6-8) weeks. This may be covered up with make-up 24 hours after your sutures have been removed, if needed.

**Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.**