



**HOBGOOD FACIAL PLASTIC SURGERY**  
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## Chin Augmentation/Implant Surgery Instructions

**YOU WILL NEED TO PURCHASE:** HYDROGEN PEROXIDE, FROZEN PEAS, ANTIBIOTIC OINTMENT (BACITRACIN/POLYSPORIN), Q-TIPS, PRESCRIPTIONS.

### Evening Before Surgery

1. **DO NOT SMOKE, EAT OR DRINK (including water) ANYTHING 8 HOURS PRIOR TO SURGERY.** This includes gum, candy, mints, etc.
2. Take medications as prescribed.

### Morning of Surgery

1. Shampoo your hair (if not done so the night before) and wash your face thoroughly, removing all makeup.

### After Surgery

1. Relax and keep your head slightly elevated using at least two (2) pillows under your head and shoulders for 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 as directed on bottle, if needed. If you have no pain, do not take the medication. For minimal pain, take Extra Strength Tylenol. If you experience extreme pain, swelling or elevation in temperature (fever), call the office immediately.
4. Using a Q-tip, in a rolling motion, cleanse the area with hydrogen peroxide and apply antibiotic ointment three (3) times daily. Your sutures will be removed about one (1) week after surgery.
5. Normal leisurely activities may be resumed whenever you are comfortable, however, DO NOT do any bending, straining or lifting for at least one (1) week. Avoid any activities that may cause a blow to the face/chin for four (4) weeks.
6. Limit talking, laughter and excessive facial movements as much as possible for the first three (3) days. A soft diet is best recommended during this time.
7. 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 around the chin/mouth area. This should subside within two (2) weeks.
2. Your chin and lower lip may be numb after surgery. The local anesthetic should diminish within a few hours of surgery, though 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/cold. Check food/beverage temperature before placing in your mouth. Use caution when brushing the 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 Jane Iredale makeup 24 hours after sutures are removed, if needed.

**Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.**