

SCOTT J. ZEVON M.D., F.A.C.S.
CENTRAL PARK PLASTIC SURGERY

CHIN IMPLANT PATIENT INFORMATION

75 CENTRAL PARK WEST
NEW YORK, N.Y. 10023-6011



PREPARING FOR SURGERY

STARTING NOW

- Please read and familiarize yourself with these instructions. By following them carefully you will assist in obtaining the best possible result from your surgery. If questions arise, do not hesitate to communicate with Dr. Zevon and discuss your questions at any time. Re-read the General Instructions for Cosmetic Surgery Dr. Zevon gave you.
- Locate your Personal Information Sheet and complete it so that Dr. Zevon's office will know who will escort you home after your surgery and where you plan to spend the night of your surgery. Bring it to your pre-operative appointment, or telephone, e-mail or fax the information to us. If you cannot locate it, let us know so that we can provide you with another.

PRE-OPERATIVE INSTRUCTIONS

THE DAY BEFORE YOUR SURGERY

- WASHING:** In the evening, wash your face with anti-bacterial soap. Do not apply any moisturizers or other products to your face afterwards.
- Unless you are having local anesthesia, **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**
- If your surgery is in the afternoon or if you are having local anesthesia, check with us as to what or when you may eat or drink before surgery.

THE MORNING OF YOUR SURGERY

- WASHING:** Shower and wash your face again with anti-bacterial soap. Do not apply any moisturizers or other products to your face afterwards.
- FACIAL PRODUCTS:** Do not wear any make-up, and do not apply any moisturizers, sunscreens, or anything else on your face, head or neck. No hairspray or perfume.
- CLOTHING:** Do not wear clothing that goes on over your head. Wear tops with front closures such as buttons or zippers, bottoms that are easy to pull on, and comfortable shoes. You may also bring a scarf or hat to wear after your surgery to camouflage your appearance.

POST-OPERATIVE CARE

IMMEDIATELY AFTER SURGERY

- REST:** When you arrive home, be prepared to rest in bed for the first 24 hours after surgery. Keep your head upright as much as possible to minimize swelling and discomfort. Use 2 pillows under

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your head. If you feel nauseated, lie on your back and remain still. Any sensation of nausea should pass by the morning after your surgery. If you feel fine, you may eat lightly and drink to replenish your body fluids. You may go to the bathroom with assistance as needed. Light activity will not harm you.

- MEDICATIONS:** Chin implant surgery is somewhat more painful than other common facial plastic surgery procedures. Take the antibiotics and pain medication prescribed by Dr. Zevon according to the pharmacy instructions. Don't take the pain medication on an empty stomach, as this will produce nausea and vomiting. Have another adult give you the pain medication at the correct time and/or keep written records of how much you take and when you take it. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics. Do not drive while taking pain medication.
- WHAT TO EXPECT:** You may be bruised (black and blue) around your chin and neck. You may have numbness and stiffness in the area of the chin and the lower lip. You may have difficulty moving the lower lip, which may make it hard to speak clearly and to smile. You may have a sensation of drooling, or drooping of the lower lip. You may also experience tingling or shooting pains in the area of the surgery. All of these sensations are normal and will resolve as you heal. If you have an incision inside your mouth, the suture line may appear gray.
- CALL DR. ZEVON IF:** A) you have severe pain not responding to pain medication; or B) redness and warmth in the chin area accompanied by drainage from the incision site. **DON'T TAKE CHANCES! Call if you are concerned about anything you consider significant.** During office hours, call (212) 496-6600. After hours, call (917) 612-3800.
- DIET:** You must eat a liquid diet until Dr. Zevon tells you it is all right to eat solid foods.
- ORAL HYGIENE:** Good oral hygiene is important if there is an incision inside your mouth. After every meal or snack, brush your teeth carefully and gently with a soft toothbrush and then rinse your mouth thoroughly with mouthwash, salt water, or a 50:50 mixture of hydrogen peroxide and water. You should rinse your mouth with one of these mixtures up to six times a day, even if you are not eating that often. Check with Dr. Zevon during your post-operative visits when you are healed enough to stop rinsing.
- DRESSINGS & SUTURES:** If you have a dressing around your head, Dr. Zevon will remove it for you within 2 or 3 days after your surgery. You may shower or bathe the morning after surgery but keep the dressing dry. If you have an incision inside the mouth, the sutures will dissolve in about 2 weeks. If you have an incision underneath your chin, Dr. Zevon will remove your sutures during the first week after your surgery.
- ACTIVITY RESTRICTIONS:** Keep your head elevated as much as possible when you are resting or sleeping will minimize swelling and discomfort. You can use 2 or 3 pillows if you are comfortable. Sleep on your back to minimize discomfort. Do not smoke for 48 hours after your surgery to prevent coughing and possible bleeding. Do not drink alcohol for 5 days after surgery, or while you are taking pain medication. Alcohol dilates the blood vessels and could increase bleeding. The combination of pain medication and alcohol is dangerous. Do not sit in the sun or heat for 4 weeks to avoid swelling. You may drive a car with power steering after one week

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- HERBAL REMEDIES:** Some patients report that arnica contributes to a reduction in bruising or swelling, resulting in reduced discomfort and edema, and improved healing. Ask us if you wish assistance in locating a source of arnica. Take arnica orally according to manufacturer's instructions on the packaging.
- POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Zevon as scheduled after surgery. Check your post-operative instructions for your first appointment. If you don't have an appointment, call (212) 496-6600, tell the receptionist the date you had surgery and she will schedule your post-operative appointment. At each post-operative appointment, Dr. Zevon will advise you how soon the next one should be scheduled.

RECOVERY TIME

- INITIAL:** 1 – 2 weeks for the resolution of pain and most numbness
- SUBSTANTIAL:** Swelling and tenderness will gradually subside within 1 to 2 months. Normal nerve sensation should return within 2 to 3 months.

RESUMING NORMAL ACTIVITIES

- WORK:** Follow the plan you and Dr. Zevon have agreed upon.
- EXERCISE:** Avoid contact sports and other vigorous activity, including strenuous sexual activity, for 4 weeks. Dr. Zevon will give you permission to increase your activities according to the progress of your recovery and your overall fitness level.
- EXPOSURE TO SUN AND HEAT:** Avoid prolonged exposure to sun, sun lamps and/or heat for 4 weeks. Heat may cause swelling.

12/27/01

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(212) 496-6600
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