

## CHIN IMPLANT SURGERY: IMMEDIATELY AFTER SURGERY

- 1. REST:** When you arrive home, be prepared to rest in bed after your surgery. Keep your head upright as much as possible to minimize swelling and discomfort. Use 2 or 3 pillows under your head, or elevate the head of the bed. If you had anesthesia (other than local anesthesia) and 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.
- 2. MEDICATIONS:** Take the antibiotics and pain medication we prescribed according to the pharmacy instructions. Don't take pain medication on an empty stomach, as it may cause 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. Your antibiotics have been prescribed for one week. The period of greatest discomfort usually does not last more than 12 to 14 hours. Do not drive while taking pain medication.
- 3. WHAT TO EXPECT:** 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. 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.
- 4. CALL DR. ZEVON** if you have severe pain not responding to pain medication or redness and warmth in the chin area and 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.
- 5. DIET:** Eat a diet of soft foods that do not require vigorous chewing for 5 days if you have an intra-oral (inside the mouth) incision. If you do not have an incision in your mouth, eat a diet of soft foods for 1-2 days.
- 6. ORAL HYGIENE (FOR PATIENTS WITH INTRA-ORAL INCISION):** Good oral hygiene is important if there is an incision inside your mouth. Do not use a toothbrush around the lower central incisors. Keep your tongue away from the incision. Gently irrigate your mouth especially around the incision with antiseptic mouthwash mixed with lukewarm water 2-3 times daily especially after meals.
- 7. DRESSINGS:** If you have a dressing around your head, Dr. Zevon will remove it for you. You may shower or bathe the morning after surgery but keep the dressing dry.
- 8. ACTIVITY RESTRICTIONS:** Limit touching or manipulating the chin area. You can resume your normal exercise routines after surgery when you feel up to it but do not engage in strenuous activities that might jar or impact your chin for 2 weeks. Do not drink alcohol while you are taking pain medication. Do not sit in the sun or heat for 4 weeks to avoid swelling.
- 9. 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.
- 10. POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Zevon as scheduled after surgery. Your first post-operative appointment is scheduled for \_\_\_\_\_.