

# Glasgold Group Surgery Center

## POST-OPERATIVE INSTRUCTIONS MENTOPLASTY

BEGIN taking the antibiotic the day of the procedure.

ICE is applied to the chin area on the day of the procedure and for the first 72 hours after. Apply 15 minutes on, 20 minutes off. Do not ice longer than 15 minutes at a time.

You may take a quick (not hot) shower 24 hours after the procedure.

Extra-strength Tylenol or the prescription pain reliever may be taken for discomfort as directed, if needed.

THE FIRST POST-OPERATIVE VISIT will be at one week.

You will experience some swelling and a little discomfort around the chin. This is normal.

Immediately after the procedure you may experience some difficulty chewing and/or opening your mouth wide. This will subside.

Refrain from chewing for a few days - Eat soft foods.

You may experience numbness in the chin area; this is common and will gradually subside.

## How To Contact Us

During regular business hours call (732) 846-6540

Before/after regular business hours call **(732) 846-6540 press #4**  
**In case of emergency call 911 or go directly to the ER**