

## **Post Operative Chin Implant/Neck Liposuction Instructions**

### **Daily Care**

Your dressing after surgery will remain on until the following morning. It is important to relax and keep your head elevated the night after surgery. Your dressing will be removed the morning after surgery. To treat swelling we will provide a neck garment to be worn continuously for 3 days and then every night to support the chin and to assist with healing. At your follow up we will review your care:

*If your implant was placed intraorally:*

1. Please limit yourself to liquids for the first 24 hours and a soft diet for the first week after surgery. From there you should slowly advance your diet as tolerated.
2. After each meal and before you go to bed you should rinse with either a rinse recommended by Dr. Saigal.

*If your implant was placed through a submental incision (under the chin):*

1. Tape will be applied over your incision. This tape should stay on for the first week following surgery. You may get it wet, but blot it dry afterwards. If it does fall off, apply antibiotic ointment three times a day.

### **What to expect**

#### *Swelling*

Swelling will vary patient-to-patient. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks, avoiding bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months.

#### *Discoloration*

Bruising will vary like swelling from person to person. Most bruising and discoloration should resolve over the first two weeks. Make up, with Dr. Saigal's permission, can be applied for ten days to two weeks after surgery.

#### *Numbness*

Your jaw may be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate over time.

### **Restrictions**

1. No strenuous exercise for at least two weeks.
2. No heavy lifting for three weeks.
3. Avoid hard chewing foods for two weeks.
4. No contact sports for six weeks.

 **KAPIL SAIGAL** MD, FACS  
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