

Genioplasty (Chin Implant or Chin Surgery) – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk 10 minutes every hour.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared in 6 weeks.
- Avoid lifting more than 10 pounds for the recommended recovery period.
- You can shower in 24 hours.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Swelling & Bruising

- Swelling and bruising are normal and may persist for several weeks.
- Cold compresses may be used during the first 48–72 hours as directed.

Incision Care

- Keep incisions clean and dry. Brush teeth gently. Sutures dissolve on their own.
- Showering is typically permitted within 24–48 hours unless otherwise instructed.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Significant asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Head Elevation

- Keep head elevated on two pillows for the first week.

Oral Care (If Incision Inside Mouth)

- Use prescribed oral rinse as directed.
- Avoid excessive talking, chewing, or wide mouth movements for one week.

Expected Recovery

- Temporary numbness, tightness, and swelling are common.
- Avoid strenuous activity for approximately 4 weeks.
- You can return to work and drive in 1 week. You can fly in 2 weeks.