**CHIN IMPLANT INSTRUCTIONS**

**PREPARING FOR SURGERY**

* Avoid NSAIDs (aspirin, ibuprofen, naproxen) for 2 weeks prior to surgery. Acetaminophen (Tylenol) is OK for aches and pains.
* Stop taking herbal medications (fish oil, garlic, ginkgo, glucosamine, etc.) and multivitamins 2 weeks prior to surgery as these may thin your blood.
* Refrain from ALL nicotine use including nicotine replacement therapy 1 month before and 2 weeks following surgery. Nicotine and tobacco can significantly delay healing, prevent fat transfers from being successful, and result in possible scarring.
* Refrain from ALL recreational drug use and any THC usage in any form at least 2 weeks prior to surgery and 2 weeks after surgery. Drug use can cause an increased heart rate and pulmonary complications, which can also lead to bleeding in the early post operative period.
* Discuss any eye disorders (i.e., dry eye, glaucoma, recent surgery) with our team. Certain medications may not be used during the recovery period.
* You will need to schedule a pre-operative physical with your primary care provider **3-4 weeks prior** to your procedure.
* Two weeks prior to surgery you will have a pre-operative phone call with our team. During this call, we will review your medical history and answer any questions you may have about the procedure. It is important that you have completed the physical with your primary care provider prior to this call with our team.
* Plan to take 14 days to rest; after that the bruising is coverable with makeup and the swelling is minimized.
* Arrange to have someone, 19 or older, drive you home from surgery and stay with you for at least 24 hours after the procedure. NO Uber/ride share services allowed.
* You will receive an email with individualized day of surgery instructions.
* All body piercings/metal jewelry MUST be removed prior to the day of surgery. Failure to do so will result in an additional fee collected the day of surgery
* If you’re on any GLP-1 receptor agonist (Semaglutide, Ozempic, etc.) weight loss injections or tablets, refrain from injecting or taking those 3-4 weeks prior to surgery, or as otherwise directed by your surgeon

**Shopping List**

1. Vaseline or Aquaphor ointment

2. Q-tips

3. Stool softener (docusate)

4. Tylenol (acetaminophen)

5. Easy to prepare, easy to chew meals and snacks

6. Optional-makeup to cover any bruising

7. Optional- arnica and bromalin (Arnica Forte) for bruising & swelling

**POST-OPERATIVE CARE**

* Keep your head elevated for the first 48 hours. Sleeping on extra pillows or in a recliner works best. Continuing to sleep with an extra pillow will help reduce swelling the weeks following surgery.
* Icepacks (or ice water soaks) may be used over the face and neck. Do this for the first 48 hours to help with swelling and bruising.
* You can resume your normal diet but try to avoid foods that require tall bites or excessive chewing.
* A feeling of tightness is normal and will lessen in the first few weeks but may last up to 6 months.
* There will be areas of decreased sensation or numbness. The sensation will normalize with time. Be very careful to avoid trauma/burns when using curling irons, hot rollers, blow dryers, warm packs, and ice packs.
* Swelling will peak around 2-3 days after the procedure. It will continue to improve over the next 3 weeks. A minor amount of swelling may take 3-4 months to dissipate.
* All patients are placed on antibiotics for a short time after surgery to prevent an infection. Please complete the entire course of medication as written on the bottle.
* Sunscreen should be applied to the external scars starting 2-3 weeks after surgery. It is important to protect your scars for *AT LEAST* 1 year to prevent discoloration from the sun. Sunscreen with SPF 30 and above is always recommended to prevent skin cancer and signs of aging/sun damage.
* Resuming physical activities:
	+ Light activity (preparing meals, walking around the house) is encouraged immediately to prevent blood clots but no heavy lifting greater than 5 pounds, bending over, or straining until cleared by Dr. Harbison.
	+ Driving: once you are no longer taking pain medications
	+ Sports: 6 weeks
	+ Swimming, sauna, hot tub: 3-4 weeks or as directed by Dr. Harbison
	+ Scuba diving: 12 weeks
	1. **Questions**?
	2. Please call our office at 402.739.8144 at any time with questions or concerns. After hours, you may call our office and follow the prompts to speak to the on call nurse. If you are experiencing a life-threating emergency, please go to the nearest emergency department.