Chin Implant – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for chin implant surgery. For complete instructions—including specific timelines, medication details, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

### **What to Expect**

Chin implant surgery is commonly performed under local anesthesia, with or without oral sedation. Swelling, tightness, and mild drainage are expected during early recovery. Sensation around the chin and lower lip may be temporarily altered but typically improves within a few weeks.

### **Key Pre-Operative Guidelines (Summary)**

**Anesthesia Options:**

* **Local Anesthesia Only:** No fasting required. You may drive yourself home.
* **Local Anesthesia with Sedation:** Do not eat or drink (including water, mints, or gum) for 3 hours before surgery. A responsible adult must drive you home.

**Medications:** Discontinue aspirin, NSAIDs, anticoagulants, and herbal supplements (like vitamin E, fish oil, garlic) as directed (typically 2–3 weeks prior).

**Lifestyle Adjustments:** Cease smoking (including e-cigarettes) 4 weeks before surgery and limit alcohol intake for at least 2 weeks.

 **Day of Surgery:**

* Shower the night before or morning of surgery.
* Do not apply lotions, perfumes, deodorant, or makeup.
* Wear loose, front-opening clothing.
* If needed, shave the chin area 3 days prior to surgery.

**Suggested Supplies:**

* Tylenol (acetaminophen)
* Alcohol-free mouthwash
* Straws
* Crushed ice (optional)

### **Key Post-Operative Guidelines (Summary)**

**Pain Management:** Use Tylenol (acetaminophen) as directed. Narcotic pain medication and anti-nausea medication may be prescribed.
 **Antibiotics:** Complete the full course, even if symptoms improve.
 **Mobility:** Begin light walking the day after surgery to promote circulation and reduce the risk of blood clots.
 **Showering:** May resume the day after surgery unless otherwise instructed.
 **Swimming & Baths:** Avoid soaking in tubs, hot tubs, and pools until incisions are fully healed (typically 2 weeks).
 **Oral Care:** Rinse twice daily with alcohol-free mouthwash for the first two weeks to minimize infection risk.
 **Return to Work:** Most patients return to work within 5–7 days, depending on job responsibilities.
 **Activity Restrictions:** Avoid strenuous activity, contact sports, or vigorous exercise for 6–8 weeks.

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### **Recovery Expectations**

**Drainage:** Some blood-tinged drainage is expected during the first week.
 **Swelling & Bruising:** Common and usually subsides within 2–3 weeks.
 **Sensory Changes:** Temporary numbness or tingling in the lower lip or chin is normal.
 **Pain:** Pressure, tightness, or soreness are common for several days and gradually improve.

### **Follow-Up and Support**

**Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.

**Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.

**Ongoing Communication:**

* + For non-urgent questions, please email clinicalrn@drshimching.com.
	+ For urgent matters, contact the office directly from 9am – 5pm at (808) 585-8855.
	+ For urgent matters that occur after hours, please use the physician exchange at (808) 524-2575.

**Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

### **Download Complete Instructions**

For full details on oral care, activity precautions, healing timelines, and wound care, please download the document below:

 **[Download Chin Implant Pre & Post-Operative Instructions (PDF)]**