

Chin Implant

Pre & Post Operative Instructions

Understanding Local Anesthesia: (please select either option A or B)

- **Option A: Local Anesthesia Only:** This option involves the use of medications like Lidocaine to numb the specific area of your body where the surgery will be performed. You remain fully awake and alert during the procedure, feeling no pain in the treated area. This method is ideal for patients who prefer the simplest form of anesthesia, allowing for a quicker recovery time and minimal postoperative side effects.
 - You do not need to fast, and may eat & drink whenever you choose.
 - You may drive yourself home & do not require a caregiver after surgery.
- **Option B: Local Anesthesia with Sedation:** This option combines local anesthesia with oral sedative medications to help you relax during the procedure. While you will be awake, the local anesthetic ensures you do not feel pain at the surgery site, and the sedatives help create a more comfortable and less anxious experience. This method is often chosen by patients who may feel nervous about the surgery but prefer not to undergo general anesthesia.
 - **Instructions:** Nothing to eat or drink for 3 hours before surgery. This includes water, mints, candy, or gum.
 - **Post-Surgery Transportation:** It is essential to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - **Why?:** After surgery, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period.

Shopping List

- Tylenol (Acetaminophen): Alternative to narcotic pain medication if pain is not severe.
- Crushed ice: Optional / for comfort following surgery.
- Straws: Will aid in maintaining good hydration after surgery while preventing too much facial movement.

- **Over-the-Counter Mouthwash:** Use twice daily for the first two weeks to reduce infection risk. A mild, alcohol-free mouthwash that is gentle and designed for sensitive oral tissues is recommended.

Pre-Operative Instructions

Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: [Preoperative Instructions for Your Upcoming Surgery](#) &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.

4 Weeks Before Surgery

- **Reducing/Stopping Smoking:** We strongly recommend reducing or ideally stopping smoking (including e-cigarettes with nicotine) for 4 weeks before and after your surgery.
 - **Why?:** Smoking can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in smoking is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.

- Why?: Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- Shower or Bath: On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - Avoid Applying Products: Do not apply any lotions, perfumes, or other products to your skin after bathing.
- Shaving: If shaving is necessary in the area to be operated on, please do so 3 days prior to your surgery date. Shaving closer to your surgery date, including the day before or the day of, is not advised as it can increase the risk of surgical site infections.
- Jewelry and Valuables: Remove all jewelry and refrain from bringing valuables to the clinic, including piercings.
 - If you have metal hair extensions (such as clip-in or microbead extensions), please inform your nurse before surgery.
- Makeup and Skincare Products: DO NOT wear any makeup or apply skincare products on the day of your surgery.
- Clothing: Opt for loose, comfortable clothing that doesn't need to be pulled over your head, particularly if your surgery involves the upper body. A button-up or zip-front top is ideal for after the surgery.
- Communicating Questions or Concerns: If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.

Post-Operative Instructions

Medications

- Tylenol is safe to take for pain.
- DO NOT use NSAIDS (such as Ibuprofen & Aleve).

Nutrition

- Diet: Start with small light meals and progress as tolerated.
- Hydration: Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.

Activity

- Return to work: Most patients require approximately 5-7 days off work depending on their job responsibilities and amount of face-to-face interaction. T
- Sexual Intercourse: Sexual activity can be resumed when you feel ready with no restrictions and incisions have adequately healed.

Showering & Swimming

- Showering. You may shower with regular soap and water the day following surgery.
- Hot Tubs/Baths/Swimming Pools. No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

How to Care for Your Incisions

- Cleaning Your Incisions: After buccal fat pad removal surgery, it is crucial to maintain proper oral hygiene to reduce the risk of infection. Use an alcohol-free, gentle mouthwash twice daily for the first two weeks following your surgery. Avoid mouthwashes with strong antiseptics, intense flavors, or artificial colorants, as they can cause irritation.
 - Use an alcohol-free mouthwash to prevent dryness and irritation.

- Opt for a mouthwash formulated for sensitive oral tissues.
- Rinse twice daily for 2 weeks.
- **Stitches:** Do not pick at or try to remove the stitches. Your surgeon will remove all necessary stitches at your post-operative appointment. All the rest will dissolve on their own.
- **Crusting:** Occasionally, crusting may occur around the sutures. Do not attempt to remove this yourself; it is normal and will resolve. Daily rinsing with mouthwash will help minimize crusting.

Post-Surgery Cold Therapy (optional)

- **When to Start:** Begin icing your face 24-48 hours after surgery to help reduce swelling and discomfort.
- **How to Ice:** Use a plastic bag filled with crushed ice or ice packs.
- **Barrier:** Always place a wash-cloth between the ice and your skin to prevent frostbite or irritation. Never apply ice directly to your skin.
- **Timing:** Apply ice to the affected area for 15-20 minutes at a time, then remove the ice for at least 40 minutes to allow your skin to recover. Repeat this cycle as needed for the first 48-72 hours post-surgery.
- **When to Stop:** Discontinue icing once the majority of the swelling has subsided, usually around 3 days after surgery. Consult your surgeon if you are unsure whether to continue.
- **Important Notes:**
 - Be gentle when applying ice to avoid disturbing any dressings, sutures, or delicate skin areas.
 - Excessive or prolonged icing may cause skin damage, so stick to the timing guidelines above.

What to Expect

- **Drainage:** Drainage can occur from the incision sites for the first week. The drainage will be blood tinged. You may use gauze or a light pad to reinforce post-op dressings if this occurs.
- **Bruising:** You can expect to have bruises. Most bruises will heal after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.
- **Swelling:** Swelling is to be expected for weeks and sometimes months. The swelling can improve with intermittent rest and use of the headband. Exercise and physical activity can transiently worsen swelling but is encouraged.

- **Itching:** Itching at the incision sites is normal for a few days. You may take Benadryl to help with this.
- **Pain:** It is normal to experience tightness, pressure, shooting pain, soreness, and fatigue for several days to weeks following surgery as you adjust to the new chin size and recover.
- **Sensory Changes in Skin:** Parts of the lower lip and chin may feel numb after the chin implant operation. This is temporary and will resolve with time.

Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@drshimching.com	• General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Dr. Ching's Office: (808) 585-8855 Dr. Long's Office: (808) 439-8064 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	• Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	• Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.