



## CHIN IMPLANT

### PRE-OPERATIVE INSTRUCTIONS

Please advise Dr. Robbins if you are taking any blood thinning medications (e.g. Warfarin, Ibuprofen, NSAIDS, Plavix, Aspirin), These will need to be discontinued prior to surgery per Dr. Robbin's instructions

- **DO NOT** take any of the following 10 days prior to surgery:
  - Anti-inflammatories (ibuprofen, motrin, aleve, advil, aspirin)
  - Homeopathic medications
  - Vitamin E, fish oil, multi-vitamins
- Take a bath or shower daily with an anti-bacterial liquid soap, like dial liquid soap, or hibiclens (can be purchased at walgreens or cvs) starting 3 days prior to surgery.
- **DO NOT EAT OR DRINK** after midnight if you are scheduled before 12 pm on the day of your surgery. If you are scheduled to arrive after 12 pm on the day of your surgery, you may **DRINK** clear liquids (Gatorade, Powerade, Pedialyte, water, black coffee or tea) **UP TO 8 HOURS PRIOR TO ARRIVAL ON SURGERY DAY.**
- If you are a smoker- Stop smoking 2-3 months prior to surgery. Smoking causes slower and compromised healing time
- **DO NOT** wear jewelry, dentures, hearing aids, or contact lenses the day of surgery
- **DO NOT** wear make-up, lipstick or deodorant, on the day of surgery
- Wear comfortable, loose fitting clothing that buttons in the front
- You will need to arrive 2 hours prior to your surgery time (unless otherwise instructed)

### POST OPERATIVE INSTRUCTIONS

#### MEDICATIONS

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone) **anti-nausea** (*Phenergan/promethazine* or *Zofran/ondansetron*) as well as a *scopolamine patch* and **antibiotic** (Keflex/cephalexin, doxycycline, or Cipro/ciprofloxacin) prescription.

\*The goal is to *stay ahead of the pain* so you can rest comfortably and eat/drink without nausea or constipation.

- Your **pain** medication should be taken with food in your stomach, even if you don't have an appetite, have some crackers or yogurt with it
- Your **anti-nausea** medication is prescribed since narcotic pain meds can increase your chance of nausea/vomiting
- Your **antibiotic** is to prevent infection, take the medicine as prescribed beginning the day you get home from surgery until the entire bottle is empty
- **Take ALL of your medications as prescribed, at least for the first 24-48 hours after surgery**
- DO NOT take aspirin or any products containing aspirin **until 3 days after surgery**

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- **Sutures** are **inside the mouth** and are absorbable.
- **Avoid sharp foods** such as pretzels or corn chips for 1 week.
- A **chin strap** will be worn while indoors and at night for 1 week. A gauze can be used to protect the skin from irritation.
- Sutures will be placed along a small incision under the chin area and removed 7-10 days post-op *if liposuction is performed*. A soft gauze dressing will collect any drainage that may occur and should be changed if it becomes saturated.
- **Showering is allowed on post-op day 1**, gently clean and pat dry. Apply **antibiotic ointment** to the incision.
- Avoid strenuous activity and exercise for 10 days.
- Avoid body contact sports for 6 weeks

### When to Call the Office

- If you have severe or increased pain not relieved by medication
- If you are having side-effects to medications, such as rash, nausea, headache, or vomiting
- If you have a temperature > 101.5 degrees
- If you have drainage from the incision that has a foul odor
- If you have bleeding from the incisions that does not stop with pressure
- Excessive warmth or redness that is spreading from the incision site

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