



CHIN IMPLANT/CHIN LIPOSUCTION

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. Robbins' instructions or the physician that manages these medications.
- **DO NOT** take any of the following 10 days prior to surgery:
 - Anti-inflammatories (ibuprofen, Aleve, Motrin, Excedrin, OTC pain medication Tylenol is the ONLY acceptable pain medication to take prior to surgery.)
 - Homeopathic medications (If you are unsure then do not take.)
 - Vitamin E, Fish Oil or Multivitamin
- Take a bath or shower daily with an anti-bacterial liquid soap, like Dial liquid soap, or Hibiclens starting 3 days prior to surgery. These can be purchased at any drug store.
- **DO NOT** eat or drink after midnight the night before surgery. That means NO FOOD OR ANY LIQUIDS INCLUDING WATER.
- **DO NOT** wear jewelry, dentures, hearing aids, or contact lenses the day of surgery.
- **DO NOT** wear make-up, moisturizer, lipstick, deodorant, or nail polish the day of surgery.
- Wear comfortable, loose-fitting clothing that buttons or zips in the front. No skinny jeans or leggings the day of surgery. No clothing with any metal on it.
- You will need to arrive 2 hours prior to your surgery time or advised. The arrival time is enclosed in your folder.
- You must bring a driver to take you home after surgery.

POST OPERATIVE INSTRUCTIONS

MEDICATIONS

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone), **anti-nausea** (*Phenergan/promethazine* or *Zofran/ondansetron*) and **antibiotic** Keflex/cephalexin, doxycycline, or Cipro/ciprofloxacin) **medication**. The goal is to stay ahead of the pain so you can rest comfortably and eat/drink without nausea or constipation. Our office recommends starting an over the stool softener, Miralax, Dulcolax prior to surgery. After surgery it is recommended to take it preventatively every day until you are no longer on the narcotic pain medicine. IF YOU HAVE NOT HAD a bowel movement 3-4 days following surgery then you may

take Milk of Magnesia or Magnesium Citrate. These are both available over the counter. Follow the instructions listed on the package. **(SEE ATTACHED MEDICATION LIST)**

- Your **pain** medication should be taken with food in your stomach.
- 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.
- You may resume vitamins and ibuprofen products 5 days after surgery.
- **Take ALL your medications as prescribed, at least for the first 72 hours after surgery.**
- **Sutures are inside the mouth** and are dissolvable. Following eating you may clean the mouth by gently rinsing the mouth with water. Do NOT play with the sutures in the mouth.
- **Avoid sharp or hard foods** such as pretzels, corn chips, ice for 1 week. Soft foods only for the first week following surgery.
- If a chin strap is required, it 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 at your 1-week visit. *If liposuction is performed*, a soft gauze dressing will collect any drainage that may occur and should be changed if it becomes saturated. You may **shower 1 day** after surgery, gently clean and pat dry (if liposuction).
- Avoid strenuous activity and exercise for 10 days.
- Avoid body contact sports for 6 weeks with chin implant.

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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