

**ORANGE COUNTY PLASTIC SURGERY**  
**4501 Birch Street**  
**Newport Beach, CA 92660**  
**949-888-9700**

**POST-OPERATIVE INSTRUCTIONS FOR CHIN AUGMENTATION**

On your day of surgery, you can expect to feel sleepy and you may experience tightness and discomfort throughout the implanted area, this may continue to the following day. For this reason, it is imperative that a responsible adult spend the first 48 hours at home with you.

Oozing and drainage from your incisions is to be expected. In order to keep swelling and bruising to a minimum, it is especially important for you to rest and sleep with your head elevated on two to three pillows or in a recliner during the first week after surgery. Avoid any activity that causes you discomfort.

Icing the surgical site is the main post-operative rule to limit swelling and should be applied to your chin area during the first 48 hours following the procedure. Do not apply ice directly to the skin.

All external incisions are closed with buried, absorbable sutures. The external incisions will be covered with surgical glue that will peel off spontaneously in a week or two, and no special, surgical wound care will be required.

You may take a sponge bath during the first 24-48 hours. You may then shower and wash your hair, but wash it very carefully in the areas around the incisions. You may let shower water hit the glue, but do not rub the incisions or try to remove the glue.

It is recommended you begin applying MD Performance® Ultimate Scar Formula to the incision as the adhesive begins to peel off about two weeks after surgery. The silicone Ultimate Scar Formula should be applied twice daily until the scar has finished healing and no longer contains any hint of pink or purple.

Please take all medications as directed with food, until the prescription is completed. This will decrease nausea and vomiting. Some patients will continue to feel nauseous; this usually subsides over the first 24 hours. When taking any pain medication and if you are not hungry, use 2 tablespoons of instant oatmeal/cream of wheat/malt-o-meal and wait 20 minutes, then take medication.

Please do not take Aspirin, Advil, Motrin (Ibuprofen), Aleve or any other products containing these ingredients. Any medication should be cleared by your surgeon.

You may take Extra Strength Tylenol

There are no dietary restrictions post-operatively, if an incision inside the mouth was not necessary. If an intra oral incision was necessary, you must stick with a clear fluid diet for 4- 5 days. The small amount of milk present in tea or coffee will not pose a problem, but you should avoid thicker foods such as yogurt, cereal, and so forth during these first five days to give the intraoral incisions a chance to heal. In order to keep the incisions inside the mouth clean, you will be encouraged to wash the mouth out with water or mouthwash every few hours during the day.

You are cautioned to avoid alcoholic beverages while taking any medication for pain, sleep or tranquilization.

You may resume driving 48 hours after your last pain pill but only if you feel comfortable and physically able to do so.

You are encouraged to call the office with any questions.

***If you have any questions or concerns please call the office at (949) 888-9700. After hours call Dr. Bunkis cell at (949) 413-8888, Dr. Compoginis cell at (714) 900-3594, or Dr. Ekstrom cell at (774) 696-6479.***

( ) BY CHECKING THIS BOX I, OR MY CARETAKER, ACKNOWLEDGES THAT I HAVE RECEIVED AFTER CARE INSTRUCTIONS AND THEY HAVE BEEN FULLY EXPLAINED TO ME.

		
_____ Patient or Caretaker Signature Time	_____ Date/Time	_____ Physicians Signature Date/
<b>PATIENT COPY</b>		

IN CASE OF AN EMERGENCY DIAL 911

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Patient or Caretaker Signature  
Time

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Date/Time

\_\_\_\_\_

Physicians Signature

Date/

**PHYSICIAN COPY**

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