



Chin Augmentation Instructions

This handout provides information on how to prepare for your Chin Augmentation operation and what to expect as you are healing after your operation. Please read the handout carefully. Feel free to ask questions at any time.

Important information about preparing for your Chin Augmentation operation:

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin), Vitamin E or red wine for 2 weeks prior or for 2 weeks after your operation. Many medications contain these compounds which are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation.
2. Your prescriptions will be sent to you ahead of time. You should fill these prior to your operation and have them available for when you arrive home from the hospital.
3. A patient must be supervised by a responsible adult for 24-48 hours after the operation.
4. Be aware that you will not be able to fly following your operation and please plan accordingly. It is best not to plan any unnecessary trips for 2-3 weeks to make sure you are fully recovered and ready for travel.
5. In general, you will need at 2 weeks off from work.

On the day of your operation:

1. Do not wear makeup, contact lenses or jewelry on the day of your operation. Do not use hairspray, gel or mousse. Remove all nail polish from your fingernails.
2. Please keep your valuables at home.
3. Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front. Wear pants that do not fit tightly.

After your operation:

1. After your operation, you will wake up with a dressing under your chin.
2. You should not shower for the first 2 days after surgery. After those 48 hours you may shower but do not let the shower stream hit your chin area. Gently pat the dressing dry.

3. It is best to sleep on your back with your back and head elevated on pillows. This will be more comfortable for you, and may reduce swelling.
4. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.
5. The most common complaint after the operation is nausea, although this generally passes within 24-48 hours. It is important that you drink liquids frequently after your operation. Do not take your pain medication on an empty stomach as you may experience nausea and/or vomiting.
6. Use the pain medication as prescribed when you are feeling uncomfortable.
7. You can walk around the house during the first week. It will be at 2 weeks before you can begin light exercise such as walking for distances outside your house or sitting on an exercise bike. Heavy exercise and heavy lifting are not permitted for 6 weeks.
8. You will be able to drive after two weeks depending, on how you feel. Be aware that pain medications cause drowsiness and should not be used before driving.
9. Some patients experience constipation. To avoid straining it is recommended that you start a stool softener on the day after your operation. If you are prone to constipation you may want to start the stool softener the week before surgery. Examples of stool softeners are Metamucil or Colace.
1. You cannot travel via airplane for at least 1 week after surgery. All airplane travel within 4 weeks after surgery must be approved by Dr. Dayan. **Note: If you still have lifting restrictions, please enlist the help from others to assist in lifting/carrying your luggage.**

What to expect as you are healing:

1. You will have bruising and swelling that will take several weeks or longer to subside.
2. Tingling, burning or intermittent shooting pain can be a normal experience as the skin, tissues and sensory nerves heal. Consistent sharp pain should be reported to our office immediately.
3. It is normal to have a feeling of tightness. This will resolve slowly over several weeks to months.
4. Your incision may be raised, red, and feel hard for months. The scars will soften and fade with time.
5. The final result of surgery needs to be judged 6-12 months after your operation.

Follow-up appointments:

1. You will have several follow-up appointments after your Chin Augmentation operation.
2. Your first follow-up appointment will be at 1 week.
3. Your second appointment will be 1 week after your first follow-up appointment (2 weeks after your operation). We will determine if you are able to drive at this time.
4. Subsequent appointments will be suggested by Dr. Dayan.

If you have any questions you may reach Dr. Dayan by calling the office at 775.800.4444 during and after business hours.