



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

Chin Augmentation Post-Op Instructions

1. Arrange to have someone at home with you during the first **24 hours** post-operatively and have them **review** these instructions.
2. **After 24 hours**, you may shower.
3. Ice may be used for swelling and discomfort as needed for the first 4 days (20 minutes on and 20 minutes off).
4. No lifting more than **20 pounds for 4 weeks**.
5. Rest in a semi-reclining position for 1 week to allow implant to maintain its correct position.
6. Rinse mouth out with prescribed mouth wash three times a day (after meals).
7. You may experience **moderate pain** for 1-2 weeks. You have been given a prescription for narcotic pain medication to take **as needed**. You may take **1 pain pill every 4 hours or 2 pain pills every 6 hours as needed for pain with food; DO NOT take these with Tylenol**. These medications may make you drowsy. Do not drive a car while taking these. **Do not take Advil/Motrin/Aspirin/Aleve/Excedrin for 3 days. After 3 days**, you can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food. Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease. You will also be given an antibiotic to take for 7 days.
8. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well-balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins**. You may also experience constipation from the pain medication. Try eating high fiber foods and drinking lots of water. You may also use OTC remedies such as laxatives, fiber, stool softeners, or enemas as needed.
9. Liquid diet x 24 hours and then soft foods x 1 week.
10. Do not lay in bed for extended periods of time. Get up and move around every 2 hours to improve circulation.
11. Some minor bruising and bleeding is normal. If post-op bleeding occurs, apply constant, steady, firm pressure with your hand over chin for 10 - 15 minutes. If this does not stop the bleeding, call Dr. Robbins.
12. Avoid alcohol for 72 hours.
11. ***** Please have whoever is caring for you read these instructions*****

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call 515- 221-9999, and Dr. Robbins will return your call.