

Pre/Post-Operative Instructions Chin Augmentation Surgery

1. Shower the night before your surgery using an antibacterial soap, such as Dial. Gently wash your face the morning of your surgery. Please do not apply any makeup.
2. The day of surgery, wear a shirt that buttons in front and loose comfortable pants.
3. Do not take Aspirin or medications containing Aspirin for 14 days prior to surgery and for 7 days following surgery. Avoid any alcohol 2 weeks prior to surgery.
4. Sleep on at least two pillows for the first 14 days. Do not sleep face down.
5. Chin and neck swelling and bruising are normal. Cold compresses should be applied for the first 72 hours after surgery. 20 minutes on / 20 minutes off while awake.
6. The suture line should be gently cleaned 2-3 times daily with sterile saline. An antibiotic ointment should be applied after cleaning so that a crust (scab) does not have a chance to form at the suture line. We recommend Bacitracin ointment.
7. You may remove the dressing 48 hours after surgery. Only use for the next 5 nights.
8. You may be up and around the day after surgery, but some natural fatigue may persist for 2-3 days due to the normal effects of the anesthesia and surgical procedure.
9. You may eat a normal diet, preferably a low salt diet with soft foods the day following the surgery.
10. It is acceptable to begin light walking 24 hours after surgery. Jogging and light, noncontact exercise should not be resumed until 3 weeks. Strenuous sports require 6 weeks of healing before being safely resumed.
11. Any explained development of pain, facial swelling or fever should be reported to us immediately.
12. Begin taking your prescribed antibiotic with food after your surgery.

It is very important that you follow all instructions and don't take any chances. If you are concerned about anything, please call our office at 715-828-2368.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health. You may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Robert J. DeFatta, MD, PhD, FACS