

CHIN IMPLANT POST-OP INSTRUCTIONS

- Cool compresses/ice to chin for first 48 hours (20 min on, 20 min off WHILE AWAKE)
- Sleep on three to four pillows or in a recliner for first three nights to decrease swelling.
- Rinse mouth after each meal. (keep mouth clean)
- Regular diet. (A straw is sometimes helpful)
- No heavy lifting or exercise for 1 week.
- Always tell your dentist you had a chin implant to avoid injury.

EXPECTATIONS

- You may experience numbness, swelling, and bruising around the mouth and chin.
- Your lip will be swollen and distorted for several days.
- Speech impediment or lisp is common during the first week.
- Avoid sun or windburn for six months after the procedure.

MEDICATIONS

- Kelfex 500mg 1 tablet twice a day for seven days
- Ativan 1mg (Lorazepam) 1 tablet every 8 hours as needed....anxiety and sleep
- Lortab (Hydrocodone) 1 tablet every 6 hrs as needed.... pain
- Celebrex 200mg take once a day as directed.....inflammation
- SinEcch take as directed (begin day before surgery).....inflammation and bruising
- Apply a lip moisturizer like Vaseline 3 times per day

FOLLOW-UP VISITS

- You will be seen in the office in one week to check your progress. Please call Dr. Gross at 407-333-3040, if you have questions or concerns. If you have a true emergency call 911.

I have received a copy of the above instructions and agree to follow them.

X _____ Date _____