

CHIN IMPLANT POST-OP INSTRUCTIONS

- Cool compress or ice to chin for first 48 hours (20 minutes on, 20 minutes off While awake).
- Sleep on three to four pillows or in a recliner for first three nights to decrease swelling.
- Starting on day 2 remove Band-Aid clean with saline and dial soapy water, apply Vaseline 2 times a day reapply Band-Aid.
- Regular diet / 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 / antibiotic
- 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 / reduces inflammation
- Arnica 30X take as directed (begin day before surgery) / swelling and bruising
- Phenergan (promethazine) 1 tablet every 6 hours as needed / nausea
- 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 (321) 356-4396, if you have questions or concerns. If you have an emergency call 911.

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

X _____ Date _____