

CHIN IMPLANT POSTOP INSTRUCTIONS

1. Do not take off the tape.
2. Ice the chin 5 minutes on and 10 minutes off for the first 3 days. Do not apply ice directly to skin, apply it over a washcloth or gauze.
3. Diet: For the first two days eat only very soft foods or liquids. Do not use a straw but a spoon or a glass. Avoid hot liquids as you might not have good sensation in the lower lip.
4. Minimize talking for the first two days and use texting.
5. Avoid contact with little kids and pets especially dogs in the first few days to avoid a direct hit on the chin
6. No exercise for one week, after that you can walk including brisk walking. After two weeks you can do cardio exercises and after three weeks you can lift weights.
7. Do not get your chin dressing wet till after your first postop visit which will be between 4 to 7 days after surgery.
8. Restart Bromelain and Arnica pills one week after surgery.