



Laser & Cosmetic Surgery Specialists, PC
Ran Y. Rubinstein, MD

Post-Operative Instructions for Chin Augmentation

IN CASE OF AN EMERGENCY

1. During business hours: call the office @ **845-863-1772**
2. After hours or weekends: call Dr. Rubinstein's pager @ **888-235-9868**
3. **Avoid** going to the emergency room without contacting the office first for further instructions.

No HOT, WARM compresses. Use Ice packs over your chin for the first 48 to 72 hours.

You can expect:

1) Noticeable chin swelling for 1 week but final subtle swelling resolution and changes can take up to 12 weeks from surgery. Most patients can return to work in a week or less. There will be tape around the chin to help decrease the swelling and keep the implant in place. You may shower and wet the tape after 48 hours. The tape will gradually fall off. You may trim the edges but do not pull on the tape. Once the tape is off, clean the small chin incision with peroxide and apply polysporin antibiotic ointment to the suture line a few times per day. Apply ice to your chin and neck for the first 48 to 72 hours and sleeping slightly upright such as in a recliner can help reduce the swelling. Minimize vigorous chewing for the first week. Soft food is preferable. Do not engage in exercise that will make your heart race for the first 10 to 14 days and full contact type sports may be resumed 4 weeks after surgery. A strong blow to the chin in the first few weeks from surgery can result in shifting of the implant.

2) Moderate discomfort-use pain medications as directed

3) Swelling and black and blue around your chin, sometimes more on the second or third day after surgery than the first

4) Slight temporary numbness of the lower lip can occur and is normal.

Call the office if you have:

- 1) Severe pain not responding to pain medication
- 2) Prolong or profuse bleeding.
- 3) Pus draining from the chin incision site.
- 3) If any other questions or problems arise.

Patient/Family Signature

Nurse Signature

Ran Y. Rubinstein, MD

Date