

**J. Jason Wendel, M.D.**

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# Postoperative Instructions

**CHIN IMPLANT (GENIOPLASTY)**

Chin Implant placement is an outpatient procedure.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by Dr. Wendel.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

**Activities**

Walk as soon as possible, this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking narcotic pain medications.

You will likely be able to resume social and employment activities in about a week.

No strenuous exercise or activity for 2-3 weeks.

Avoid body contact sports for 4-6 weeks.

No swimming for 4-6 weeks.

**Incision Care**

You may bathe or shower 48 hours after surgery.

Avoid exposing scars to sun for at least 12 months.

Keep incisions clean, dry and inspect daily for signs of infection.

Keep head elevated; sleep with head on 2 pillows or in a recliner.

You may use cool compresses for comfort and to help decrease the swelling.

**What To Expect**

Maximum discomfort should occur in the first few days and is usually minimal.

You may experience numbness around the area.

Bruising, swelling, numbness, and tightness of skin can last for 1-2 weeks.

You will be sent home wearing a chinstrap. This provides compression and support.

## **Appearance**

Swelling and some bruising in the area for about 1-2 weeks.  
By the third week, you will look and feel much better.  
Final result is not fully realized for approximately 3 months.

## **Follow-Up Care**

Dressings are usually removed 3-5 days after surgery.  
Intra-oral sutures are dissolvable; they do not require removal.

## **When To Call**

If you have increased swelling or bruising.  
If swelling and redness persist after a few days.  
If you have increased redness or drainage along the incision.  
If you have severe or increased pain not relieved by medication.  
If you have any side effects to medications; such as, rash, nausea, headache, vomiting.  
If you have an oral temperature over 100.4 degrees.  
If you have any yellowish or greenish drainage from the incisions or notice a foul odor.  
If you have bleeding from the incisions that is difficult to control with light pressure.  
If you have loss of feeling or motion.

## **For Medical Questions, Please Call:**

(615) 921-2100 Monday-Thursday, 9:00 AM-5:00 PM and Fridays 8:00 AM – 12:00 PM. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.