

J. Jason Wendel, M.D.

Dr. J. J. Wendel Plastic Surgery
2103 Crestmoor Road
Nashville, TN 37215
www.drjjwendel.com

Recovery 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 a 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.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

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 submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 4-6 weeks.

Incision Care

You may bathe or shower 48 hours after surgery.

Avoid exposing scars to the 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.

After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.

You may experience numbness around the area.

You may experience temporary difficulty with smiling and/or talking.

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

You may 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 and sutures are usually removed 7-10 days after surgery.

Instructions regarding surgical glue removal and scar gel treatment/application will be provided at your post op appointment.

Managing Refill Prescriptions

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends. Messages received after hours or on weekends will be processed the next business day.

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 through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.