



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Chin Augmentation Post-operative Care

After Surgery

ORAL HYGIENE: Good oral hygiene is imperative if Dr. Tran has made an incision within your mouth. Gentle brushing and thorough rinsing after each meal are important. Use a mouthwash, salt water, or a 50% hydrogen peroxide/50% water mixture as often as 6 times daily.

POSITION: Keeping your head above the level of your heart as much as possible helps to minimize the swelling and thus the discomfort.

DIET: Numbness and stiffness of the lower lip and the incision inside your mouth (if one was made) can make eating more difficult. Start with liquids and soft foods, and progress to a more solid diet as comfort allows.

DRESSINGS: Sometimes, we use elastic tape to stabilize the implant in the correct position. Dr. Tran or a nurse will remove this 2 or 3 days after surgery. You may shower in the morning after surgery, so long as you keep the tape dry.

SUTURES: If an incision was made inside your mouth, the sutures will dissolve in about 2 weeks. You will feel them with your tongue, but it is best if you leave them alone. If your incision was made beneath the chin, those sutures will be removed in 4-7 days after surgery.

Activity

- Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and move around in your house at least every 2 -3 hours during the day to prevent developing a blood clot.
- It is best to rest in an upright position for comfort and to decrease swelling. You can either rest in a recliner or in bed with 2-3 pillows behind your back.
- Do not lift anything greater than 10 pounds (a gallon of milk) for 2 weeks.
- Avoid any aerobic type of activity or strenuous exercise for 4-6 weeks.
- You may resume sexual when it is no longer painful.
- You may drive after 5 days if you are not taking narcotic pain medicine.
- You can return to work within a week as long as you have a job that does not involve heavy lifting.

Recovery

NUMBNESS: Numbness, difficulty moving the lower lip, stiffness, and sensations of drooling or talking funny are common and will resolve within a few days to weeks. You won't look as strange to other people as you feel you do.

DISCOMFORT: You may experience discomfort when you bump your chin or lie on your stomach. This, too, will resolve.



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SUTURES: If an incision was made inside your mouth, the suture line may look gray as it heals. This does not indicate infections if none of the other mentioned symptoms are apparent. The lining of the mouth tends to heal very quickly.

HEALING OF SENSORY NERVES: Tingling sensations or shooting pains indicate that the superficial nerves are coming back to life. Normal sensation should return within 2-3 months.

Follow-up

At your pre-operative appointment, our office staff will schedule a follow-up appointment for you within 5-7 days following your procedure. At this appointment, Dr. Tran will check up on your wound and provide you with further care instructions.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

References:

Center for Plastic & Reconstructive Surgery. (2020). *Post operative care: Chin augmentation*. Retrieved from <https://drzubowski.com/postoperative-care-procedure-specific-chin-augmentation/>