

Chin and Mandibular Implants: Post-Op Instructions

Surgery Morning

Nothing to eat or drink after midnight-may brush teeth.

Take a shower and wash hair and face in the morning.

Do not wear any make-up (includes mascara and eyeliner). **Wash face with baby shampoo when arrive at surgery center to remove any residual eye make-up.**

Leave all jewelry at home. Cannot have any metal on your body, so please remove any body piercing.

DO NOT WEAR CONTACTS.

Clothing: Button-up shirt, sweat pants, socks, shoes (comfortable and easy to walk in).

Bring pain medication with you. You will be numb after surgery and may not feel anything. However, the nurses will give you a pain pill prior to discharge to help keep pain level at a minimum.

Surgery Night

Liquid Bland Diet and avoid spicy and acidic foods.

Start your antibiotics at suppertime; **IF NAUSEATED** may start antibiotics the next day.

Sleep with head elevated using a recliner or at least 3-4 pillows for a week.

Apply ice compresses to chin and jawline areas every hour for at least 15 minutes for a couple of days. Frequent application of ice compresses decreases swelling and bruising.

You may have a face for wrap overnight and is removed the next day. Face wrap/ bandage may be tight and uncomfortable.

Take pain medication, as you need it, do not try to brave the pain. You will be more comfortable if you keep your pain at a minimum.

Next 2 weeks

Liquid Diet x 1 week and then very soft diet (almost puree) x 1 week. Minimize chewing as much as possible.

Expect FACIAL swelling and bruising, for about 2 weeks (more or less).

May use make-up to cover up bruises after 1 week.

Tape will be placed on your chin and will be removed in 3-7 days.

Dr. Trimas may want you to tape your chin or wear a "jaw-bra" for a couple of weeks.

You will be instructed to do this after your face wrap is removed, if needed.

Suture Removal:

Chin Implant – (sutures) removed after 1 week post-op

Mandibular Implant-sutures are placed inside your mouth and are dissolvable, they will be long and may be irritating

No exercise, heavy lifting, or bending over.