



MICHIGAN FACIAL AESTHETIC SURGEONS

Facial Plastic and Reconstructive Surgery
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POST-OP INSTRUCTIONS – Chin Augmentation

- ▶ Post-operatively a bandage is worn for about one week and then the stitches are removed.
- ▶ Following your chin augmentation it is imperative that you keep your head elevated on at least 2-3 pillows at all times for 48-72 hours. This is to reduce swelling in the area which will in turn reduce pain.
- ▶ You should use ice to the area for 48 hours following the surgery. Apply the ice in thirty minute increments (on thirty minutes/off thirty minutes). Put the ice on when you go to bed at night-if you wake during the night reapply it, if you don't wait until the morning and start the routine again. Do not get up every thirty minutes during the night to change the ice. Sleep is important to your recovery process too.
- ▶ You will have pain medication to take as needed for the pain. The pain medication is to be taken on an as needed basis, not as a routine medication and not for a prolonged period of time. As soon as you feel able we would like for you to begin using Tylenol or Extra Strength Tylenol for your relief.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature

Date