

## Carmel Valley Facial Plastic Surgery

### POST CHIN IMPLANT INSTRUCTIONS

Dr. Amir M. Karam

#### Shopping List:

- Hibiclens antibacterial solution
- SINECCH in the boutique

#### PREPARING FOR YOUR SURGERY

- Two weeks before and one week after surgery: Do not take ibuprofen products (Advil, Motrin, Aleve etc.) Do not take Aspirin products. Tylenol may be used at anytime.
- Make arrangements for someone to pick you up after surgery and stay with you the first night.

#### THE NIGHT BEFORE SURGERY

- Shower and shampoo with Hibiclens solution.
- Start your first dose of Sinecch in the evening & continue per pkg directions
- Have nothing to eat or drink after midnight.

#### THE MORNING OF SURGERY

- Shower and shampoo with Hibiclens solution.
- Take your usual medicines with a sip of water (your pre-op RN will go over this).
- Wear loose, comfortable clothing that opens in the front (does not have to be pulled over the head).
- Do not wear jewelry. Leave all valuables @ home.
- Make arrangements for a responsible adult to pick you up from the Surgery Center and stay with you through the night. We will give them simple instructions for your care. This is absolutely necessary.

**AFTER SURGERY---** Your chin may feel numb in the immediate post-op period. This may last for a few weeks and then resolve.

- Before going home you will be given an appointment for your next visit.
- You will be on prescription antibiotics for 5-7 days (your RN will go over this).
- Your face may be wrapped for the first 24 hours. Keep this dressing on. It should not be tight.
- On the day of surgery: you may get up to eat meals, watch TV, or go to bathroom. You may not drive the day of surgery. Eat soft foods for the first 24 hours. Do not eat salty foods.
- Rest with head and shoulders elevated on two pillows for two or three days.

- Take two Extra Strength Tylenol or Vicodin every six hours as needed for discomfort.
- You may shower and shampoo the day after surgery if your doctor gives permission.
- Keep the tape along the chin dry. This will be removed by your doctor or will come off after a few days.
- You may resume driving the day after surgery, if you feel comfortable and alert. You may not drive if you are taking pain medicines other than Tylenol.
- Non-strenuous activity is allowed the day after surgery. You may return to your vigorous exercise habits after four weeks. Be careful to avoid a bump on the chin for four weeks.

Carmel Valley Facial Plastic Surgery: 858-259-8223  
Dr. Amir Karam's Cell: 858-353-9885

Patient \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_

PATIENT SURVEY GIVEN-----