

Chin Surgery (Genioplasty/Mentoplasty) Post-Op Care

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- 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

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- You should be able to resume full social and employment activities in 2-3 weeks.
- Strenuous exercise and activities should be avoided for 10 days.
- Body contact sports should be avoided for 6-8 weeks.

Incision Care

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.

What To Expect

- Postoperative pain is usually minimal.
- You will have some discoloration and swelling for approximately 2-3 weeks.
- You may experience numbness around the operative areas.

Appearance

- Scars should gradually fade and become barely noticeable.

Follow-Up Care

- Dressings are removed 5-7 days after surgery.
- Intra-oral sutures are absorbable; they do not require removal.

When To Call

- If you have increased swelling or bruising.

- If swelling and redness persist after a few days.
- If you have increased redness 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.