

CHIN AUGMENTATION SURGERY

Pre- & Post-Operative Instructions

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The purpose of the instructions within this document is to help you prepare for surgery and to also make your recovery as smooth as possible. It is important that these instructions are adhered to and followed. Mr Allen Rezai will discuss the relevant instructions with you at each follow up appointment. If you are unsure of anything please contact us immediately.

PRE-OPERATIVE PREPARATION

DON'Ts:

- ✓ Do not Eat or Drink after 12 midnight on the night before your procedure, unless instructed otherwise by Us.
- ✓ Do not smoke for at least 6 weeks before and 6 weeks after surgery. Although it is better NOT to resume smoking after your surgery, particularly as you are having chin implant as this will increase the risk of implant related complications.
- ✓ Stop your alcohol intake 2 weeks prior to surgery and 1 week after.
- ✓ Stop intake of multivitamins and supplements at least 2 weeks prior to and 1 week after surgery.
- ✓ Do not Take any Anti-inflammatory medications at least 1 week before and after surgery. These include but not limited to:
-Ibuprofen, Nurofen, Voltarol, Naproxen, Piroxicam, Indocid, Surgam, Froben, Lederfen
- ✓ Do not Take any Anticoagulants (medications to thin your blood) containing Aspirin/salicylates or any cold or Flu medication e.g. Lemsip etc for at least 1 week before and after surgery.
- ✓ Avoid eating Garlic or foods containing Garlic, 1 week before and after surgery, as this will increase the risk for bleeding.
- ✓ Remove ALL piercing, nail varnish, or artificial nails prior to coming to the hospital on the day of surgery.
- ✓ Do not wear any contact lenses, and eye or face makeup on the day of surgery.
- ✓ NO Sun Holidays should be planned for until 4-6 weeks post-op.

Tel: 020 7580 8001 (weekdays 9am-6pm)

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DO's:

- ✓ Take any regular medication previously approved by Mr Rezai, prior to, and up to, the day of surgery- check with Us, if you are not sure.
- ✓ Shower on the morning or evening prior to surgery, cleansing your entire body.
- ✓ Remove any contact lenses, nail polish, jewellery, and all makeup whilst at home on the day of surgery.
- ✓ Wear comfortable, front opening and loose clothing to the hospital.
- ✓ Bring your post-surgery compressions garment (if applicable), to the hospital.
- ✓ Arrange for someone to stay with you during the first 3 days following surgery, as you may find it difficult to move around.
- ✓ If you will be on your own (not recommended), you should prepare soft foods such as soups, and smoothies in advance as you would need to keep a soft food diet during the first week following surgery.
- ✓ You will receive Antibiotics and Pain Medication before your discharge from the hospital, However, if you prefer, you may also purchase Paracetamol and have that at hand, for when you run out of the pain medication received from the hospital. It is important that you take your antibiotics and pain medication as prescribed, and not overdose. *If in doubt, contact Us.*

COMMON POST-OPERATIVE SYMPTOMS

Typical symptoms following Chin Augmentation Surgery, and what symptoms to watch out for:

- **Shiny skin or any Itching**: Swelling can cause the lower face to appear shiny. As the healing process advances, you may also find a mild to severe itching of the area. An antihistamine, such as Claritin, can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact Us Immediately.**
- **Bruising and Swelling** will mostly resolve within 2-4 weeks; however, residual swelling may persist for 3-4 months.
- **Nausea and Dizziness** are common, especially during the first 3 days following surgery. If it continues, call us for advise.

UNCOMMON / RARE POST-OPERATIVE SYMPTOMS

CONTACT OUR CLINIC IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- High fever, severe nausea and vomiting, continued dizziness, or incoherent behaviour, such as hallucinations.
- Consistent sharp pain or any pain that cannot be controlled with your pain medication.
- Excessive Oozing of blood and fluid from the incision (some oozing of blood and fluid is normal)
- Bright red skin that is hot to the touch in the surgical area.

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We encourage you to call us with any questions or concerns you may have.

You may call us during office hours 9am to 6pm, Monday to Friday, on 020 7580 8001.

In case of emergency during out of office hours, you can reach us on 077 9506 5621

FOLLOWING DISCHARGE FROM THE HOSPITAL, UNTIL YOUR FIRST POST-OP APPOINTMENT

You will only be released to the care of a responsible adult, unless otherwise have been agreed with Mr Rezai in advance. All of these instructions must be clear to the adult who will monitor your health and support you, around the clock in your first days at home from the hospital.

- ❖ **We will call you every day**, to see how you are doing, until your first post-op appointment.
- ❖ **Take all medication, exactly as prescribed.** Complete all antibiotics unless told otherwise by your Doctor.
- ❖ **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 15 minutes every few hours engaged in *light walking indoors* as you recover.
- ❖ **Relax.** Do not engage in any stressful activities. Do not do things that will increase your blood pressure.
- ❖ **Keep your head elevated when resting**, by using two or more pillows under your head. This will help reduce the initial swelling and is important for the first week following surgery.
- ❖ **Monitor post-surgical symptoms and be alert to possible complications.** These are defined, along with the actions you should take, on page 2 of this document.
- ❖ **Do not brush your teeth** during the first 4 days after surgery. Use only water to rinse your mouth for the first 48h ours and thereafter you can use mouthwash.
- ❖ **Fluids are critical following surgery.** Stick to non-carbonated, non-alcoholic, caffeine-free, and green tea- free beverages including fruit juices and water, milk, and yogurt drinks. You must consume at least 1 glass (about 250ml) of fluid every 2 hours.
- ❖ **Good nutrition is important during recovery.** Stick with soft, bland, nutritious diet during the first week. Constipation and bloating are common after surgery. This can be improved by increasing fluid intake, reducing salt intake and eating food rich in fiber. Having a stool softener, such as Duphalac Syrup, at home may also help alleviate constipation. Taking prescription pain medicine with food, will help to reduce any nausea you may experience with the medication.
- ❖ **Keep dressing intact.** The dressing should be left in place until you come for your first post-op check-up.

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- ❖ **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke at least 6 weeks after your surgery, and your caregiver must not smoke anywhere near you.
- ❖ **You may apply a cool, not cold, compress to affected sites to alleviate discomfort, swelling or bruising.** Wrap crushed ice or ice packs in a towel before applying to skin. DO NOT apply ice or anything frozen directly to the skin. Cool compresses should be applied for periods of 10-15minutes. DO NOT apply heat to affected areas as this will only worsen swelling.
- ❖ **DO NOT drive for at least 72 hours unless advised otherwise.**
- ❖ **Your First Post-op Visit will be around one week after surgery.**
- ❖ **Garment.** Continue wearing the garment as advised.

FOLLOWING YOUR FIRST POST-OP APPOINTMENT, UNTIL YOUR 4-6 WEEKS' POST-OP APPOINTMENT

You will continue to heal and you will feel better day after day. It is important to ease into your daily activities. You will receive clearance to return to work at your first post-op visit. It is important to follow the instructions given and if in doubt about anything, **ALWAYS contact us and NOT search online.**

- ❖ **Easing into your Normal Daily Activities.** You should now start gently, easing into your daily routines, however, still NO heavy lifting, exercise, or strenuous activity.
- ❖ **Walking But No Bending, Sports or Strenuous/Aerobic Activities.** Walking is good but strenuous activities, sports and movements such as bending your head down should be avoided.
- ❖ **Avoid spicy foods.**
- ❖ **Moisturise Your Face Regularly,** as your skin may feel dry and become itchy following surgery.
- ❖ **Sleeping Position.** You should absolutely NOT sleep on your stomach. You should also avoid sleeping on your side as you may accidentally put pressure on your chin implant and cause dislocation. Sleep on your back until you receive the all clear from Mr Rezai.
- ❖ **Do Not Smoke.** Smoking deprives your body of necessary oxygen and nutrients which may result in poor healing and complications.
- ❖ **No Holiday** should be booked during the first 4-6 weeks following your surgery. Avoid direct sun or heat exposure on your face.

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FOLLOWING YOUR 4-6 WEEKS' POST-OP APPOINTMENT

- ❖ **You may ease into your regular fitness routine.** After 6 weeks, you may resume your normal activities including exercise. However **ball and contact sports should be avoided up to 6 months.**
- ❖ **Discomfort and Bruising.** Most of it should have resolved by now, however, for some patients it may take longer.
- ❖ **Some Swelling of your chin and lower face** may persist for up to few months, but your result will improve week by week.
- ❖ **Do Not resume smoking,** If you can.
- ❖ **Practice good sun protection.** Do not expose your face to direct sunlight for up 3 months. If you are outdoors, or on holiday, apply at least SPF 50 to your face while under the sun.
- ❖ **Your incision will continue to heal.** You should be careful to not pull your lips and brush gently while the healing continues.
- ❖ **Follow Up** at 3 months' post-op or as advised.

FOLLOWING YOUR 3 MONTHS' POST-OP APPOINTMENT

- ❖ **Regular Routine.** At this point, you may resume your regular normal routine as before your surgery, but still no camp or ball sports for up to 6 months.
- ❖ **Remaining Routine Follow up** is at 9th months.
- ❖ However, you are welcome to contact us at any time or make an appointment to see Mr Rezai, if you have any questions.

We are always here to Help, feel free to contact us if in doubt, or if you have any questions.