

**Waltzman Plastic Surgery**  
**Post-operative Instructions Following Chin Implant Surgery**

**After your surgery:**

- There will be a small incision under your chin with sutures (stitches) in it.
- The sutures should be cleaned daily with warm soapy water.
- Your sutures will be removed at your first post-op visit after surgery. Small tape strips will be placed after they are removed for extra support.
- Keep your head elevated to diminish swelling, especially the first two days.
- Cool compresses over the implant site can help minimize bruising and swelling.
- Notify the office immediately if you experience increasing pain, or bruising, over or around the implant.
- Take the antibiotics prescribed by our office.

**For Discomfort:**

- There should not be too much discomfort after your implant, but if you experience any pain, try Extra Strength Tylenol 1-2 tablets every 4-6 hours. If needed, use the prescription pain medication we have given you. If both are ineffective, please call us.

**Miscellaneous:**

- You may wash your hair on Day 1. It is ok to get your stitches wet. Pat dry.
- Contact sports should be avoided for 6 weeks.
- Expect the chin area to be somewhat numb for several weeks. This varies from person to person, but should return to normal sensation with time.
- Most patients can return to normal activities within a week or so.

**We look forward to being of service to you. If you have any questions or concerns, please call our office. Our phone number is 562-448-6100.**