



1072 Troy Schenectady Rd. Latham, NY 12110

**PRE/POST OP INSTRUCTIONS
CHIN AUGMENTATION SURGERY**

1. Shower the night before the surgery using an antibacterial soap. Gently wash your face the morning your surgery is scheduled. No Make-up
2. Wear a button down shirt and comfortable pants the day of surgery.
3. **DO NOT TAKE ASPIRIN OR MEDICINES CONTAINING ASPIRIN** for 14 days and then only on the advice of your personal physician. Other routinely taken medications may be taken as necessary.
4. Your head should be elevated on at least two pillows during sleep for the first 10-14 DAYS.
Do not sleep face down
5. Some chin and neck swelling and bruising are normally present after a chin augmentation, but the degree of each varies widely from patient to patient. Therefore, cold compresses should be applied frequently the first 72 hours after surgery to help reduce swelling. Twenty minutes on~ twenty minutes off while awake.
6. The suture line *should* be gently cleaned 2-3 times daily with Hydrogen Peroxide. An antibiotic ointment should be applied after cleaning so that a crust (scab) does not have a chance to form at the suture line. (Bacitracin or Polysporin)
7. The morning following surgery we will remove the original dressing and replace this with a lighter dressing.
8. You may be up and around the day after surgery, but some natural fatigue may persist for 2 to 3 days due to the normal effects of the anesthesia and surgical procedure.
9. You may eat a normal diet, preferably a low salt diet the day following the surgery. Talking and smiling are perfectly acceptable.
10. It is acceptable to begin light walking 24 hours after surgery. Jogging and light non-contact exercise should not be resumed until 2 weeks and strenuous sports require 6 weeks of healing before being safely resumed.
11. Any unexplained development of pain, facial swelling or fever should be reported to us immediately.
12. Begin taking your prescribed antibiotic with food after your surgery.

Finally, it is very important to your well being that you follow completely all instructions given you by this office, and that we check your progress regularly following surgery.

DON'T TAKE ANY CHANCES! If you are concerned about anything you consider significant, please call **(518) 786-7000**.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Edwin F. Williams III M.D., F.A.C.S.