



Chin Augmentation Instructions

Please take the time to review these instructions prior to your operation. It is important for your caregiver to be familiar with them as well. Please ask any questions you may have.

Before Your Surgery:

1. Please fill the medication prescribed to you prior to the day of your operation. Bring all medication with you on surgery day.
2. If your commute is greater than one hour, please plan in advance to stay the night in Lexington.
3. Arrange to take at least 1 week off of work. Please keep in mind that time off work varies per individual.
4. Do not make any out of state travel plans for 2 weeks following your procedure.
5. It is very important to arrange care for the 1 week following your procedure. You will be on bed rest, except to use the rest room. If you have young children or pets, please take the time and effort to arrange for someone to care for you and your children and/or pets. While on bed rest, cooking, cleaning, errands and other “chores” are prohibited.

Night Before/Day of Surgery:

1. Take your prescribed antibiotic the night before and the morning of surgery.
2. Rinse and spit using chlorhexidine mouthwash the night before and the morning of surgery.
3. Do not wear any jewelry, including rings and body piercings.
4. No fingernail polish, including gel, acrylic or SNS nails.
5. Please do not apply lotion, deodorant, make up, contact lenses, hair spray or hair gel.
6. Wear comfortable clothes that are easy to change into such as loose fitting shorts or sweat pants and a button down or zip up top. Avoid tight clothing such as leggings.
7. Bring your medication with you on the day of surgery.

Medications typically prescribed:

- ☐ Cyclobenzaprine 10 mg (Flexeril) - muscle relaxer
- ☐ Promethazine 25 mg (Phenergan) - nausea
- ☐ Oxycodone/acetaminophen 5/325 mg (Percocet) - pain
- ☐ Cephalexin 500 mg (Keflex) - antibiotic
- ☐ Scopolamine patch (Trans-Scop) - nausea patch

Home medications:

- ☐ Continue taking:
 - ☐ Stop taking ___ weeks prior:
1. Please avoid taking aspirin, vitamin E, red wine and NSAIDS (ibuprofen, Motrin, Advil) two weeks prior and two weeks after your operation. These medications inhibit your body's ability to stop bleeding easily. Tylenol is safe for you to take for pain instead.
 2. Instead of using your prescribed pain medication, it is okay to take Tylenol instead. Please keep in mind that the maximum amount of Tylenol that is safe to take in a 24 hour period is less than 4 grams (4,000 mg).
 3. Plan to take Colace/stool softener with every dose of narcotic.
 4. You may purchase Arnica tablets or gel to use for post-operative swelling and bruising. It is beneficial to begin taking the tablets two weeks prior to your operation.

After Your Surgery:

1. Please do not trim or remove any sutures. Any suture removal will be handled at office visits by the appropriate staff.
2. No brushing teeth for 1 week. Then use soft bristle tooth brush only for 2 weeks
3. No pulling on bottom lip.
4. You will be allowed to drive once cleared by Dr. Gerstle. You will need to arrange a caregiver to bring you to follow up appointments.

5. During your first shower, please have a family member or friend close by. Showers are to be cool to warm. Please do not take hot showers, as that will increase swelling and chances of light headedness. No bathing or submerging in water until cleared by Dr. Gerstle.
6. Sleep on your back, with the head of bed elevated for the first two weeks.
7. You are on bed rest for 1 week. You may get up to go to the rest room. You must take a slow, light walk around the house every 2 hours to increase circulation.
8. While on pain medication, exercise caution with tasks such as climbing stairs.
9. No bending. Remain in upright sitting position for 2 weeks.
10. While preparing for surgery and during your healing, it is important to maintain a healthy diet full of fruit, vegetables and lean meats. Processed or fast foods are not advised and will increase swelling and the amount of time drains are in place.
11. Foods need to be soft, easy to chew i.e. yogurt, beans, smoothies.
12. It is normal to feel hardness at your incision site for the months following your procedure. It will soften with time and your scar will fade. The final result of your surgery will be judged at 6-12 months.

Follow-up Appointments

1. We will see you for a postoperative appointment the day after your surgery.
2. Subsequent appointments, up until 6 months, are made at the discretion of Dr. Gerstle.