

MENTOPLASTY (CHIN IMPLANT SURGERY) INSTRUCTIONS

What Can I Expect After Surgery?

There will be a mild to moderate amount of discomfort associated with the surgery. This should be easily controlled with oral medications. Tylenol with codeine (or equivalent if allergy to codeine exists) is generally always sufficient for pain control. Occasionally, using a medication to help you sleep may be useful for the first 7 to 10 days after the surgery. After the surgery, pain should really not be a major problem for you.

The discomfort and pain should begin to significantly decrease after 72 hours, and, a significant increase in pain after this period should prompt you to call the office. Severe pain is rare; if you experience this, please contact us immediately.

Bruising and swelling are to be expected after the surgery. To minimize the swelling, you should sleep with your head elevated for 3 weeks after the surgery.

It is of utmost importance to tell Dr. Verret ahead of time if you have ever been on Accutane, received radiation therapy to the head or neck, or taken steroids or immunosuppressive agents. Immunosuppressed patients (HIV positive, chemotherapy, diabetes, etc.) and patients with certain autoimmune disorders may not be good candidates for this procedure as the risks of poor healing and infection leading to permanent scarring and poor esthetic results may be much higher. It is mandatory that you inform Dr. Verret if you have any of these conditions before surgery.

Things To Remember

- Make arrangements to have someone drive you to, and from, your surgery. You will likely need someone to assist you in driving for at least a week after surgery.
- If you live more than 30 miles from our office, you should plan on staying in Plano with friends, family or in a hotel for 2-3 days following surgery.
- Arrive for your surgery in loose, comfortable clothing. Your top should button or zip rather than pull over your head.
- Having someone stay with you on at least the first night after your surgery is highly recommended.
- Be sure to fill your prescriptions before your surgery since it means one less thing for you to worry about afterwards. Take the vitamins and antibiotics until your supply is exhausted; the prescriptions need not be refilled.



- If you are a smoker, you should not smoke for at least 2 weeks prior to surgery and 2 weeks after surgery. Smoking and chewing tobacco inhibit your circulation and can significantly compromise your surgical outcome.
- Do not take any aspirin or any anti-inflammatory compounds for 2 weeks before and 2 weeks after your surgery unless you first discuss it with your surgeon.
- Sleep with your head elevated 40 degrees for two weeks; an additional pillow or two under your mattress may help, if necessary.
- Stay up (sitting, standing, walking around) as much as possible after you return home - this promotes a decrease in facial swelling. Of course, you should rest when you tire.
- Avoid bending or lifting heavy things for one week. Besides aggravating swelling, this may raise your blood pressure and start bleeding. No lifting over 5 pounds the first week, 25 pounds the second week.
- Avoid straining at stool, which also raises your blood pressure. If you feel you need a laxative, consult your local pharmacist as most stool softeners do not require a prescription.
- Avoid hitting and bumping your face. It is wise not to pick up small children, and you should sleep alone for one or two weeks after your operation.
- Go over your suture lines 2 to 3 times a day with hydrogen peroxide on a Q-Tip.
- Take only prescribed medication or Tylenol, never aspirin or other NSAIDS, as they promote bleeding.
- Report any excessive bleeding that persists after holding pressure for 15-20 minutes.
- Usually, Dr. Verret will use dissolvable sutures, which will disappear on their own within 5 to 7 days. External sutures should be kept clean and dry. If non-dissolvable sutures are used, they should be removed within 5 to 7 days after surgery.
- You may shower or bathe the day after surgery, but do not let the spray directly strike the incision. Do not be afraid to get the suture lines or sutures wet.
- Don't go swimming, diving, water skiing, or participate in strenuous athletic activity for at least one month after surgery.
- You may experience some numbness of the chin and lower cheek for several weeks. This will usually resolve on its own within 1-2 months.

Contact the Office Immediately

If you notice any of the following, please contact the office immediately at 972-608-0100:

- a significant increase in pain after the first 48 hours following surgery.
- development of a temperature elevation exceeding 100.0 degrees.
- the operative site becomes very red in color, has purulent drainage, or is very warm to touch.

If any of the above should occur after regular office hours, do not hesitate to call Dr. Verret at home at the number provided on the day of surgery or on his cell phone. For whatever reason, if you notice one of the above changes and cannot reach us at our office or through any of the alternate means, present yourself to the emergency department for evaluation.



DR. D.J. VERRET ■ 6545 PRESTON ROAD ■ SUITE 200
PLANO ■ TEXAS ■ 75024 ■ PHONE 972.608.0100

Recovery Timetable

- **Day 1** Return home.
- **Day 1-2** Aching, throbbing
- **Day 6-8** Bandage off, stitches removed or dissolving.

Remember

If you have any questions at any time, do not hesitate to call. On the day of surgery, you will be provided with Dr. Verret's home and cellular phone numbers as well as the personal contact phone numbers of members of our staff. We do not like surprises and would much rather hear about a small annoyance before it becomes a big problem.

