

Daniela Burchhardt, MD

Facial Plastic Surgery

Dr. Burchhardt Post-Operative Instructions – Chin Implant

We take all possible measures to ensure a smooth experience for you. We want to prepare you ahead of time of what to expect and how you can help ensure an optimal recovery. Should you have excessive pain, bleeding, or a fever of greater than 101° Fahrenheit orally, **please call at the numbers below** to speak to our nurse or after hours to our physician.

Activity: Keep your head elevated above your heart (sleep on 2-3 pillows). Do not lift anything greater than 10lbs (about a gallon of milk) and avoid bending over for several days.

Care of the incision: Your incision will be covered by tape. Keep the tape in place for a minimum of 5 days. After 5 days, you may remove the tape, or you can leave it in place until your post-op visit with Dr. Burchhardt. Do your best to keep the tape clean and dry.

If you do remove the tape after 5 days, you can clean the incision in the shower and apply bacitracin or double antibiotic ointment 3 times per day to keep the incision moisturized at all times.

We recommend icing your chin and jaw or apply cold compresses, but please do not apply a heavy icepack on the area to avoid displacement of the implant.

Smoking: Nicotine constricts your blood vessels and impairs wound healing. It's best to completely avoid any nicotine exposure before and after your procedure.

Prescription medication:

Keflex (cephalexin)/clindamycin = antibiotic. Take as directed after your surgery until you have finished the entire course

Norco (hydrocodone-acetaminophen)/tramadol = pain medication. Take as directed as needed for pain. Do not take NSAIDS such as ibuprofen/motrin/aleve, but you may alternate the prescribed pain medicine with Tylenol.

Medrol-Dosepak = steroid taper. Start taking this the morning after your surgery. Follow the package directions, although you may also choose to take the entire day's worth of pills at once each morning with breakfast.

Optional supplements:

Arnica = homeopathic supplement that helps decrease bruising and swelling. This comes in both tablet version and cream version. Take the tablets as directed on the bottle starting 1-2 days prior to surgery and continue for the week after surgery. The cream is applied to bruised skin after your surgery to help the bruises fade faster. Do not apply the arnica cream directly over your sutures.

Vitamin C = helps promote healing and collagen formation

DR. BURCHHARDT

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