

## HAND & PLASTIC SURGERY CENTRE, P.L.C.

Ronald D. Ford, M.D., F.A.C.S.  
William T. Cullen, M.D., F.A.C.S.  
Paul A. Luce, M.D.  
Shannon D. Armstrong, M.D.  
Matthew D. Martin, M.D.

245 Cherry Street, S.E., Suite 302  
Grand Rapids, MI 49503  
Phone (616) 459-4131 Fax (616) 459-6030

*Surgery of the Hand & Upper Extremity*  
*Microvascular Surgery*  
*Plastic & Reconstructive Surgery*

2373 64<sup>th</sup> Street, Suite 2700  
Byron Center, MI 49315  
Phone (616) 301-0240 Fax (616) 301-0250

### CHIN IMPLANT POST-OP INSTRUCTIONS

#### **Notify the doctor if any of the following problems occur (616) 459-4131:**

- Fever of 100.5 for 24 hours
- Persistent vomiting
- Unusual redness, swelling, bleeding or increased pain
- Develop hives, diarrhea or other reactions to medicine
- Any other questions or concerns

**POSITION:** Keeping your head elevated as much as possible helps to minimize the swelling and thus the discomfort.

**DIET:** Numbness and stiffness of the lower lip and the incision inside your mouth (if one was made) can make eating more difficult. Start with liquids and soft foods, and progress to a more solid diet as comfort allows.

**DRESSINGS:** There will be an elastic bandage to stabilize the implant in the correct position.

**SUTURES:** Your incision was made beneath the chin; those sutures will dissolve within a couple of weeks.

#### **LONGER-TERM POST-OPERATIVE INSTRUCTIONS\***

**ACTIVITY/SPORTS:** We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 3 to 4 weeks.

**DRIVING:** You may begin driving when you feel you are able **ONLY** if you are no longer taking prescription pain medication.

**SUN EXPOSURE:** As fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. During this time, it is better that you protect them from the sun. It is imperative that you wear a sunscreen with a skin-protective factor (SPF) of at least 30 at all times.

**WORK:** May return to work in 5-7 days following.

NUMBNESS: Numbness, difficulty moving the lower lip, stiffness, and sensations of drooling or talking funny are common and will resolve within a few days to weeks. You won't look as strange to other people as you feel you do.

DISCOMFORT: You may experience discomfort when you bump your chin or lie on your stomach. This, too, will resolve.

HEALING OF SENSORY NERVES: Tingling sensations or shooting pains indicate that the superficial nerves are coming back to life. Normal sensation should return within 2-3 months.

**POST-OP APPOINTMENT:** \_\_\_\_\_

**PRESCRIBED MEDICATION(S):** \_\_\_\_\_

Please take Narcotic/OTC medication as directed and as needed. DO NOT drive or operate machinery if you are taking a narcotic. If you are prescribed antibiotics, take as directed until gone. Taking an incomplete course can lead to recurrence of infection. Please take antibiotics with food as this may cause upset stomach. Please ask physician before you begin taking aspirin, motrin/ibuprofen or other anti-inflammatory medications, as these can increase risk of bleeding. **\*\*IF NAUSEATED, TRY NON-ACIDIC LIQUIDS, DRY TOAST OR OTHER BLAND FOODS\*\***

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Hospital Staff Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Physician Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_