



MAYBERRY
PLASTIC SURGERY
Center for Surgical Artistry

Chin Augmentation Post Op

Mayberry Plastic Surgery
7115 Prospect PI NE
Albuquerque, NM 87110

Contact
(505) 888 3844
www.mayberryplasticsurgery.com/



M A Y B E R R Y
PLASTIC SURGERY
Center for Surgical Artistry

Follow up appointment: _____

Instructions:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- There are no dietary restrictions for chin implant patients postoperatively.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Take a stool softener such as peri-colace.
- Take medication as prescribed. Do not take aspirin or any products containing aspirin other than tylenol unless approved by Dr. Mayberry.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities:

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- You can usually go back to work approximately 5 days after surgery, depending upon your occupation.
- Avoid strenuous activities and contact sports for 1-2 months.

Incision Care:

- The jaw bra must be kept dry and in place for one week after your surgery.
- Sleep with your head elevated for one week after surgery.
- Absolutely no bending, lifting, or straining. You may bend at the knees or sit on the floor.
- Do not remove the steri-strips, if placed.
- Inspect incisions daily for signs of infection.
- Do not use well water to clean our incisions, use bottled water only.
- You can shower 24 hours after surgery, do not get the incision wet.
- No tanning or sun exposure to the incision until your incisions has healed completely.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry.



M A Y B E R R Y
PLASTIC SURGERY
Center for Surgical Artistry

What to Expect:

- Temporary throbbing, aching, swelling, redness and numbness.
- Pressure dressings and bandages are applied.
- Some swelling and bruising may last 10-14 days.
- Some numbness may persist around the operative areas.
- Tenderness, tingling, and numbness could last up to 3-6 months.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater
- Sudden swelling, redness, bleeding, discoloration and/or foul drainage from the incision site
- Persistent nausea and/ or vomiting
- Pain not relieved with pain medication
- Development of any drug reaction or any other concerns
- If bleeding from the incisions that is difficult to control with light pressure.
- If a blood clot forms on the ear.

OFFICE TELEPHONE AND AFTER HOURS ANSWERING SERVICE- 505.888.3844

I HAVE READ THIS DOCUMENT AND IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ **Date:** _____

Witness Signature: _____ **Date:** _____