



THE MICHAEL HORN

CENTER FOR COSMETIC SURGERY

Chin Augmentation with Implant Home Care Instructions

Dr. Horn has a very dedicated nursing staff to help make sure you are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

After-surgery appointment schedule with nursing staff:

1. **Initial follow-up appointment:** will be an **in-office** visit, one week after surgery. At this time, your incisions will be checked.
2. **Second follow-up appointment:** will be **in-office**, six to ten weeks after surgery. This appointment timing will-be-determined by your recovery progress. At this time, your incisions will be checked for proper healing.

Medications:

Arnica: *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery-Dissolve 5 tablets under tongue 3 times daily for 5 days.

Keflex (Cephalexin) 500mg: *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

Celebrex (Celecoxib) 200mg: *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

Norco (Hydrocodone/Acetaminophen) 5mg/325mg: *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

******* Please note:** Opioids can be addicted and have negative side effects, including constipation. If you are need of additional pain, relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day)

Allergies: If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

Medication Usage: Take pain medication with food. Pain medications and decreased activity can cause constipation. Eating fresh fruit (not bananas) can help prevent constipation naturally. If needed you can purchase an over-the-counter stool softener or laxative from the pharmacy.

DO NOT take aspirin or aspirin containing products for four weeks after surgery; this includes Motrin/Advil/ibuprofen. Tylenol is a good substitute when needed for pain relief.

Bathing: You may shower 24 hours after surgery. No bathtub or swimming for two weeks after procedure.

Swelling: It is normal for your chin to swell after surgery. The swelling may cause these areas to look uneven until the swelling subsides. Usually, swelling will go down in two to three weeks. In rare instances, it may take four weeks for the swelling to subside.

Garment: Garments help reduce swelling. For optimal results, chin garment should be worn for a minimum of two weeks (24 hours a day for the first week and at night during the second week). There may be some bloody drainage on the garment after your procedure. If you wash the garment, re-apply as soon as garment is dry; you can also purchase additional garments from our office if you prefer.

Activity: Walk as soon as possible following surgery, as this helps reduce swelling and lowers the risk of blood clots forming. Rest for one to two weeks and then increase activity as tolerated. Patient may begin light exercise (slow walking on the treadmill) after four weeks. You can return to vigorous activity in six weeks.

Driving: You may resume driving when you are no longer taking prescription pain medication and you are able to sit comfortably behind the wheel and perform all motions necessary for safe driving.

Special instructions: Sleep with head elevated for one week after surgery and then resume a position that is comfortable. We do not recommend that you sleep with your face down.

Recommendations for scar care: These can be purchased at our office. Scar care begins at six weeks post-operatively. We do not apply any topicals that address scarring until the 6-10 week post op.

NeoCutis BioGel Moisturizing HydroGel: Visibly diminish the appearance of scars.

Instructions: Apply to affected area twice daily starting six weeks after surgery.

Cost: \$178 plus Tax

Scar Away Cream or Patches: Begin using at six weeks after surgery for eight to ten weeks total. This can be purchased through Amazon or Scar Away website.

BIOCORNEUM by Sientra: Crosslinked silicone that visibly diminishes the appearance of scars. Instructions: Apply a thin, even layer twice daily. Cost: \$143.95 plus Tax

General instructions:

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

In case of: Continuous or Heavy Bleeding
Difficulty Breathing
Fever/ Chills
Continuous Nausea and Vomiting
Excessive Drainage from Surgical Area

Contact Dr. Horn or the clinical staff immediately.

During business hours, call the office at 312.202.9000. After hours, page Dr. Horn.