Willamette ENT
Facial Cosmetic Center

POST OP INSTRUCTIONS FOLLOWING CHIN IMPLANT SURGERY

- Apply cold compresses intermittently for 12-24 hours following surgery.
  Cold compresses are made with small (snack or sandwich size) plastic bags filled with crushed ice or frozen peas/corn. Cold compresses are most important the first 12 hours, but may be continued up to 24 hours. Use cold compresses by placing them over the area of surgery for 20 (twenty) minutes and then off for 20 (twenty) minutes. The compresses may be discontinued while the patient sleeps.

- Take medications as prescribed.

- For the **first week** sleep with your head elevated 30 degrees or more (two or three pillows).

- Avoid bending over of lifting heavy objects for 7-10 days.

- Restrict salt in your diet for 7 (seven) days.

- Avoid the following products for 2 (two) weeks unless otherwise directed by Dr. Nishioka.
  - Aspirin
  - Naprosyn (naproxen)
  - Indocin (indomethacin)
  - Motrin (ibuprofen)
  - Clinoril (sulindac)
  - many more.

  Questions regarding medications contact our office or speak with the doctor at your pre or post-operative appointments.

- You may shower and gently wash your face the day after surgery. Pat your face gently to dry. If provided follow skin care protocol.

- You may use makeup ~10 (ten) days after surgery unless Dr. Nishioka directs otherwise.

- Wear a broad-spectrum sunscreen (UVA & UVB) protection factor of at least 25 SPF for 6 months. Avoid direct sun on the face for at least 1 month after surgery. (Really you should use sunscreen protection for the rest of your life.)

- Be patient during your healing process. It takes time to heal and recover. Please call our office if you have any concerns.

If you have any questions, please contact my office at 503-581-1567 or 503-566-4902.