

## CHIN IMPLANT SURGERY INFORMATION

### PRIOR TO YOUR CHIN IMPLANT SURGERY

- Prior to your procedure, you will have your “Pre Op” visit with Dr. Papalian generally 2 weeks before to your surgery.
- At that time, your medical condition will be reviewed and any preoperative testing evaluated.
- You will be given clear information on what to expect before, during and after surgery.
- You will be provided with a prescription for your postoperative medications and it is recommended that you have the prescriptions filled at your local pharmacy and ready at home prior to your surgery
- Smoking before surgery will always increase your risk, however it is imperative that you refrain from smoking for 6 weeks prior to your procedure.
- Avoidance of Aspirin and Aspirin containing products is strictly prohibited for 14 days before surgery.
- It is recommended that you avoid alcohol for 48 hours pre operatively.
- “Herbal remedies” and “herbal supplements” are to be avoided for 14 days preoperatively.
- You will be given instructions by Dr. Papalian, on which of your prescription medications you should continue to take before your surgery at the time of your Pre-Op visit.
- The night prior to surgery, **after midnight**, it is important that you DO NOT EAT OR DRINK ANYTHING, including water.
- You will need to ensure that you have proper help at home for after surgery. It is always recommended that you have someone with you for the first night after surgery.
- You will need to arrange for your transportation to and from the facility and for your first postoperative visit, as it is recommended that you not drive to the first visit.
- Surgery, while anxiety provoking, should be a controlled fulfilling experience. You will be provided with all the information needed to ensure you are prepared and “ready” for your procedure.

MICHAEL M. PAPALIAN, MD

Plastic & Reconstructive Surgery

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- Dr Papalian will guide you “each step of the way” and ensure that you are comfortable with your progress.
- You should ask questions and feel free to contact the office if you need any information.

## YOUR CHIN IMPLANT SURGERY DAY

- After midnight the night before surgery, it is important that you **DO NOT TO EAT OR DRINK** anything, including water.
- The morning of surgery, wash your hair with your regular shampoo and conditioner. Do not apply any other hair products. Do not apply makeup.
- It is best to wear clothes that are easy to slip on. A top that is either a front zipper or button is recommended.
- Your procedure will be performed at the **Plastic Surgery Center in Palo Alto**.
- Your procedure will be performed as an **outpatient**.
- Your procedure is typically performed under **local anesthesia with sedation**, however general anesthesia will be offered, if desired. Together with Dr. Papalian, which type of anesthesia best fits your needs will have been decided prior to your surgery. When anesthesia providers are required, the providers are physician anesthesiologists, not nurses, who will personally and continuously attend to you, for your ultimate safety.
- After your procedure, you will spend time recovering in the facility. The facility staff will ensure that you are ready to go home before you are discharged.
- You will need transportation home from the facility.
- Patients will be discharged with a chin dressing.
- After surgery you may resume your routine prescription medications.
- At home, keep your head comfortably elevated with pillows. Avoid bending over.
- When it is time for sleep, get your rest with your head elevated on pillows.
- After surgery you may resume your routine prescription medications

THE PLASTIC SURGERY CENTER ON WOODSIDE

2055 Woodside Road, Suite 150

Redwood City, CA 94061

Ph 650-364-6060 Fax 650-364-9405

[contact@drpapalian.com](mailto:contact@drpapalian.com)

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## RECOVERY AFTER CHIN IMPLANT SURGERY

- When performed as a single procedure, recovery from a Chin Implant is typically rapid. When a Chin Implant is performed in combination with other facial procedures recovery may be longer. This will be clearly discussed with you. Having the proper amount of time for recovery and healing are critical to a positive and successful outcome.
- Discomfort following surgery is most often described as “tightness” or an ache. Pain medication is prescribed for you, but most patients describe that pain medication is only required for 2-3 days.
- Eat a light, soft, low sodium diet for the first week and avoid excessive chewing.
- Strict avoidance of smoking and second hand smoke is critical to proper healing.
- You will be seen on the first postoperative day in the office to ensure your healing. Your chin dressing will be removed.
- You will be able to shower and wash your hair the day following surgery after being seen in the office.
- Men will be able to shave the day after surgery, avoiding the sutures under the chin.
- Swelling and bruising will typically peak on Day 3 after surgery and then begin to resolve. Bruising usually resolves in 7 days.
- Most patients return to work in 3-7 days.
- Important social engagements are best delayed for 2 weeks post operatively.

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