

POST OPERATIVE INSTRUCTIONS

Genioplasty

Dr. Hobar 972-566-7300

Dressing and Incision

- You will wake up with a chinstrap in place. This must be worn 24 hours a day for 7 days, then another week for 12 hours a day.
- Sutures are in the gum-line. They will self-dissolve in approx 7-14 days. Be careful not to dislodge them with your toothbrush or tongue. You may want use a soft child toothbrush to brush.
- Bruising and swelling are normal. It may reach its peak at 48-72 hrs, then could take several days to resolve

Activity

- Rest with your head and shoulders elevated on 2 pillows for the first week post op. This will help minimize swelling.
- Shower or bath the day after surgery.
- You will feel tightness in the face and jaw. Try to use your muscles like normal to avoid stiffness.
- You may gradually resume normal daily activities, being careful to avoid activities that cause pain or discomfort
- Drive when off pain meds for 24 hours.

Meds

- Swish and spit 1/2 capful of Peridex twice daily for 14 days.
- Use prescribed pain med only when you have pain. Take with food. DO NOT mix with alcohol
- DO NOT use aspirin or Advil as this increases risk of bleeding
- Drink 8 glasses water/day to prevent constipation due to meds and anesthesia

No Smoking for 30 days. Even second hand smoke will close capillaries, which provide essential blood supply to wounds for healing.

Post OP Appts. - Approximately 7-14 days

Warning signs

call: 972-566-7300

- Shortness of breath
- Rapid swelling that is more pronounced on one side and is not relieved by pain meds
- Pain that is not resolved with medication
- Temp. above 101 F
- Excessive bleeding or drainage
- Injury to your incision sites
- Nausea, vomiting, diarrhea
- No bowel movement in 2 days after surgery and after trying a stool softener
- Trouble urinating

Diet

Begin with soft foods and graduate to normal as tolerated. Avoid chips and crunchy foods until sutures dissolve.