

DR. WENIGER'S CHIN IMPLANT POSTOPERATIVE INSTRUCTIONS

During the first week following your surgery, the major problem to watch for is bleeding. It is normal to expect a little oozing from the incision. Any brisk, bright red bleeding is a problem and should be reported to our office immediately. Bruising and swelling is expected and will increase over the first 3 days. Fever over 101 degrees F, swelling, or severe redness should be reported to our office immediately.

DO:

- Keep face dressings on until removed by Dr. Weniger or staff.
- Keep head elevated at all times to prevent hematoma and while sleeping to help swelling for a minimum of 7 days. Sleeping in a recliner-type chair is best.
- Place mupirocin ointment on any exposed incisions/suture lines at least 4 times a day. If a steri-strip is covering the incision, mupirocin is not needed.
- Eat as tolerated. Start with something light then advance diet slowly. Eat plenty of PROTEIN and avoid salt. Limit water intake
- Walk every three hours while awake after surgery to prevent blood clots (walk to bathroom, kitchen, around house, etc.). Walk OUTSIDE daily beginning the day after surgery.

DO NOT:

- **Bend over, lean, squat, or plie. Do not lift your foot up to you to put on socks and shoes.**
- Restart blood thinners (including ibuprofen, Advil, Aleve) for one week after surgery.
- Drive until instructed to do so by Dr. Weniger. (No patient may drive while on narcotics or while vision is impaired by swelling).
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (may stimulate bleeding). All activities may be resumed after 6 weeks. Instructions regarding gradual return to exercise will be individualized for each patient according to how that patient heals.
- Wet incisions until instructed to do so by Dr. Weniger. Sponge bathe only.
- Drink alcohol while on narcotics or for 1 weeks after surgery.

Your follow-up appointment is _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us.
843-757-0123

