

ROD J. ROHRICH, M.D.
PLASTIC SURGERY

GENIOPLASTY (Chin Implant)
AFTER CARE INSTRUCTIONS

- It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Please take 15-20 deep breaths per hour frequently to keep your lungs clear. Keep your head elevated about 30 degrees (two pillows) with your knees slightly flexed.
- After surgery elevate your head and shoulders on 2 or more pillows. Excessive facial movements (smiling, talking, chewing, yawning, etc.) should be kept to a minimum for the first week.
- Apply ice bags (keep them cold or in ice) to your chin for the first 48 hours to reduce swelling post-operatively.
- If you have pain or discomfort, take the pain medication every 3 to 4 hours. It is best to take the pain medication with crackers, jello, etc. If you do not have pain, please do not take the pain medication. Do not drink alcohol while taking the pain medication. The first 24-48 hours to keep the pain cycle suppressed, you may take the pain medication every 3 to 4 hours and the Xanax every 8 hours (anti-anxiety/muscle relaxant.)
- A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or jello. You may start with a soft, regular diet the next day and your regular diet after 5 days. Avoid eating foods like corn on the cob and apples until you have completely healed (6 weeks).
- **DO NOT SMOKE.** This is very important.
- Dr. Rohrich will prescribe Peridex for you to rinse your mouth out with.
- Normal activity can be gradually resumed after 3 weeks but strenuous activity (heart rate above 100 beats per minute) should be avoided for another week. Strenuous activity or lifting of objects heavier than 10 lbs. should be avoided for the first 3 weeks after surgery.
- Your incision is near where the implant was placed, either in a crease or inside the mouth at the gum/lip junction. The chin is taped to secure it in place after surgery while it heals. If sutures are used, they are removed in 5 to 10 days (sutures placed inside the mouth will dissolve in a similar period of time.)

WHAT TO EXPECT AFTER SURGERY

Your face/neck will feel tight but not necessarily look tight (it will look natural) and there will be a feeling of numbness in these areas for several weeks to months after surgery. It will disappear and your feeling will be perfectly normal.

You can expect some swelling of the face and neck after surgery. If the swelling on one side is definitely more pronounced than on the other side or if you are having pain which is not relieved by the pain medication, please call Dr. Rohrich.

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You should be up and about in a day or two, but plan on taking it easy for the first week after surgery in order to give your implant/jaw time to settle into place.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.

If you develop a fever (oral temperature greater than 100.4) or have an increase in pain please call Dr. Rohrich immediately.

It is important to be seen by Dr. Rohrich after your initial post-op checks. He will see you in follow-up appointments at 3 weeks, 6 weeks, 6 months and 1 year post-op. Call to schedule your appointments at the Dallas Plastic Surgery Institute at 214-821-9114 between the hours of 8:30 – 5:00.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Rohrich's cell: 214-500-4870
Dr. Rohrich's email; rod.rohrich@dpsi.org
Dr. Rohrich's website: www.drrohrich.com

Dallas Plastic Surgery Institute
9101 N. Center Expressway, Suite 600 Dallas, TX 75231
214-821-9114