TOTONCHI
PLASTIC SURGERY

Care after Genioplasty

This page contains answers to frequently asked questions regarding your care after Genioplasty surgery. This information will help you to remember the instructions given to you after surgery.

Appearance:

- The jaw and neck area may be bruised and puffy.
- If you have a wrap in-place, keep this on until post-op day 3.
- The jaw area will be swollen and will become more swollen on the second and third day after surgery. The swelling will begin to improve gradually over the days following. It may take 10-14 days for the bruising and swelling to improve.
- The incisions are located in the mouth, under the gum line of the lower teeth and at the base of the inside, lower lip. Please do not touch your incision!
- Occasionally, there is an incision underneath the chin.
- You may experience tightness in your cheeks, chin and jaw from the swelling.
- You may experience numbness to the jaw and lip area after surgery which usually will improve over time during the post-operative period.

Activity/Bathing/Sleeping

- You should take it easy for several days after surgery and gradually increase your activity as you feel more comfortable. We encourage walking daily.
- **You should not do any heavy lifting, strenuous exercise, or weight lifting for 4 weeks.** You will be able to return to your normal exercise routine gradually.
- If you are wearing a wrap, please bathe for 3 days. After the chin wrap is removed, you may shower. Avoid using very hot water.
- You may drive when you are no longer taking narcotic pain medication and feel comfortable.

Drain/Incision Care:

- Drains are not used for this procedure.
- For the incision inside your lower lip, please use the mouthwash prescribed at least 3 times a day and after meals.
- If you are wearing a wrap, it may be removed 3 days after surgery.
- If an incision is made under your chin, clean your incision with a Q-tip and warm water, then apply bacitracin to your incision at least twice a day.
- After 1 week, please switch from bacitracin to Aquaphor for 2 more weeks.
- Avoid sun exposure and wear sunscreen with an SPF of 50+ if an incision is made under the chin.

We are always available if you have any questions, please call 440-461-7999.

Diet:

- You will be on a soft diet for 2 weeks after your procedure to promote healing.
- We recommend a diet consisting of high protein and easily digestible foods (i.e. rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- **Do not drink alcohol for a couple weeks after your surgery or while taking narcotic pain medicines**
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

Medications:

- Typically the most discomfort you will have lasts the first 3-5 days and when chewing which is why we instruct you on a mechanical soft diet for 2 weeks.
- We will prescribe an oral antibiotic, a mouth wash, nausea medication, and pain medication for you. Follow the directions on the bottles for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home.
- A stool softener (Colace) is recommended after surgery.
- **Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.**

Post-Operative Appointments:

- You will normally be seen in the office 5-7 days after your surgery for your first dressing change.
- Additional appointments will be determined based on your post-operative care.

Recommended Supplies:

- Q-tips, Bacitracin, and Aquaphor
- Smoothies, protein shakes and other soft foods during the first 2 weeks
- Ice packs

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Post-Operative Concerns: Urgent problems after genioplasty do not occur frequently. These are the complications that will require a change in your post-operative care:

- **Vision problems** If you experience any change in vision, “flashing lights”, loss of peripheral vision, contact the office immediately.
- **Hematoma** (blood collecting under your incisions) can occur within a few days of your surgery. The warning signs are:
    - Severe pain that does not respond to medication
    - Significant swelling in one or both thighs
    - Excessive or growing bruising
- **Infection** is rare following genioplasty. It is normal to have a small amount of drainage from the incisions for a few days. Signs of infection are:
    - Increased temperature
    - Increasing drainage from the incisions
    - Increasing redness around the incisions
- **Leg swelling** If you have a large amount of leg swelling (either one or both legs), or if you experience pain in your lower legs, contact the office immediately.
- **Breathing problems** If you develop any chest and/or back pain or shortness of breath you must contact our office or be seen in the nearest emergency medical facility without delay.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact the office.

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