



# Dr Honeybrook

FACIAL PLASTIC SURGERY

## **Brisbane Office**

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## **INSTRUCTIONS FOR PATIENTS HAVING A CHIN IMPLANT PROCEDURE**

The following information is only a pre-operative guide. Our clinic nurse will contact you to confirm instructions specific to your care.

### **Food/Drink**

**No food or drink should be taken six hours prior to surgery.** Regular medications should be taken in the morning with a sip of water. Any preoperative medications that you have been told to take prior to your surgery should be taken according to office instructions.

Refrain from eating salty foods a day or two before surgery and for a few days after surgery to help reduce post-surgical swelling. Always maintain a high-water intake to keep your body well hydrated.

### **Supplements**

Aspirin, aspirin-containing medications, aspirin-like medications, and **ALL vitamins and herbs** (e.g. herbal supplements such as fish oil, cod liver oil, garlic tablets, turmeric, curcumin) **should not be taken for two weeks prior to surgery.** Some herbal

substances may lead to more bleeding in the area of the surgery that may in turn increase postoperative swelling. You may resume these herbal medications 3 weeks after surgery. Prior to surgery you can take additional protein, vitamin C and Zinc to aid in healing however this can be stopped once you undergo surgery.

Dr Honeybrook does recommend you take arnica montana and bromelain tablets for bruising and swelling after your surgery to aid in healing.

### **Smoking**

Some chemicals in cigarette smoke interfere with skin circulation and can delay wound healing. This can result in wound breakdown and permanent scarring. Dr Honeybrook's smoking policy is for patients to **stop smoking 6 weeks pre and post surgery to allow for optimum healing**. Dr Honeybrook will not perform your surgery if you have not stopped smoking. This includes cigarettes, marijuana, nicotine patches and gum. We also prefer that no recreational drug use occurs during this period of time as well.

### **Pain Relief**

Pain relief medication will be prescribed to assist with discomfort, take as required. You may experience constipation. If necessary, use Coloxyl and Senna in combination with the pain medication to reduce constipation.

### **Prior to Surgery**

On the evening prior to surgery or on the day of surgery, please shower and shampoo your hair. **No cosmetic products, makeup or jewellery should be worn on the day of your surgery.** Please remove all nail polish/varnish. If you have shellac nails you must remove at least one to allow your oxygen levels to be monitored during surgery. If you have a moustache or beard, you will need shave this as this can be a potential source of infection and can make the surgery more challenging particularly if you are undergoing a face or neck lift.

To facilitate ease of dressing with minimal discomfort and so as not to disturb your dressing or sutures following surgery, wear a loose-fitting blouse or button-up shirt as opposed to a pull-over shirt for the first few days.

Two weeks prior to and four weeks post-surgery you cannot have any dental work performed.

## **Post Surgery**

Please be gentle with the soft tissue and skin around your chin while cleaning your incisions.

### **Wound care:**

This should be done twice per day. Gently clean the sutures with a Q-tip dipped in hydrogen peroxide 50:50 diluted in water and then apply ointment (stratamed) twice a day. Your sutures and dressing will be removed one week after your procedure. After sutures are removed, continue to use ointment on the wound until the tube is completely used.

### **Sleep:**

Sleep with the head of the bed elevated or use two to three pillows for one week after surgery.

### **Activity:**

Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb onto your lap. Three weeks after surgery you may resume full activity without medical restrictions. It is advised that you resume your workout regimen slowly, as your body may fatigue a little easier than usual. Seven to ten days after surgery it is okay to participate in some light walking. No strenuous activity, aerobics, yoga, heavy lifting for 3 weeks after surgery.

### **Bathing:**

It is fine to take a shower or bathe as long as you don't get your chin saturated.

### **Diet:**

Advance diet from liquids to soft food to your regular diet as tolerated.

### **Sun Exposure:**

Your skin should be protected from sun exposure for at least three months after surgery. Sun avoidance or protection with a hat is preferred. You may begin wearing zinc or mineral sunscreen three weeks after surgery.

## **PROBLEMS TO REPORT**

- Signs of infection:
  - ⇒ Increasing redness
  - ⇒ Increasing pain
  - ⇒ Fever
  - ⇒ Discharge of pus from the wound
- Increasing swelling
- Prolonged or increasing volume of bleeding
- Nausea or vomiting that is not settling
- Chest pain and /or shortness of breath
- Pain in your calves

## **FOLLOW UP CARE**

Your follow up visit is usually 1 to 2 weeks after surgery. If you do not already have a post-surgery follow up appointment, please call the office number listed above where you were originally seen. If you have any questions or concerns prior to your scheduled appointment, please call the office and speak with one of our nursing team during business hours (8:30AM – 4:30PM).

In case of a LIFE THREATENING emergency please call 000.

Any other information regarding this procedure or any other surgical procedure can be found at [www.drhonebrook.com.au](http://www.drhonebrook.com.au).