

**Scott P. Bartlett, M.D.**  
**Plastic and Reconstructive Surgery**

WHAT TO EXPECT AFTER YOUR CHIN AUGMENTATION/SLIDING GENIOPLASTY--  
POSTOPERATIVE INSTRUCTIONS

1. Get plenty of rest during the first two weeks following surgery. Keep your activities to a minimum, do not bend over, and do not lift more than 5-10 pounds. You may gradually resume your normal activities starting the third week.
2. After the first twelve hours following surgery, cold compresses will not control swelling, but may help you feel more comfortable. Drink plenty of water after surgery to promote healing and decrease swelling.
3. The day after surgery, you may shower and wash your face as usual. Wash gently over your chin, *BUT DO NOT ATTEMPT TO MOVE YOUR CHIN.*
4. Rinse your mouth with a solution of half water and half hydrogen peroxide four times a day (including after eating), for the first week following surgery. Use a glycerin swab in place of a toothbrush for the first few days after surgery to freshen and clean your mouth and teeth. (Available at most pharmacies)
5. You probably will experience some post-operative pain. If so, take the prescribed medication every four hours, if needed. This medication will tend to make you drowsy and constipated. Do Not drive while taking it, and be careful when walking to avoid a fall. Increase your fluid intake, and take a mild laxative if you need it.
6. DIET: Drink only liquids for the first two days. Liquid supplements (e.g. Ensure) are a good source of nutrition short term. For the next five days, eat only soft foods. Then you may increase to a normal diet as you can tolerate it.
7. Call the office to make an appointment for a follow up visit 2-3 weeks after surgery. By calling today, you will have a better choice of appointment times).

REMEMBER:

- a. You will be swollen with some bruising for 3-6 weeks.
- b. You will experience areas of numbness and tightness and may have some difficulty moving your lips and chin normally. This may take several months to resolve.
- c. As you heal, the swelling goes down and the tenderness subsides. If you should experience a sudden increase in swelling or a general feeling of malaise, please call the office: 215-590-2209.

(AFTER 4:00PM OR ON WEEKENDS, CALL 215-662-4000 & ASK FOR THE PLASTIC SURGERY RESIDENT  
ON-CALL WITH ANY QUESTIONS OR CONCERNS.)