



ARMANDO J. ALFARO, M.D., FACS

PLASTIC & RECONSTRUCTIVE SURGERY

**GENIOPLASTY
(CHIN IMPLANT)
AFTER CARE INSTRUCTIONS**

- 1. 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.**
- 2. Apply baggies with crushed ice to your chin for the first 48 hours to reduce the swelling.**
- 3. You will be prescribed pain medication following surgery. Take the medication as needed.**
- 4. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or jell-o. You may start with a soft, regular diet the next day and a regular diet after 5 days.**
- 5. Rinse out your mouth with a solution of one half hydrogen peroxide and one half water 3 times a day.**
- 6. The incision is inside the mouth at the gum/lip junction. The chin is taped to secure the implant in place after surgery while it heals. Sutures placed in the mouth will dissolve on their own.**
- 7. Avoid strenuous activity for at least 4 weeks.**
- 8. You can expect some swelling of the face and neck after surgery. There will also be a feeling of numbness for several weeks to months after surgery.**
- 9. If you have any questions during office hours, please call our office at (520)-323-9720. After hours and on weekends, you may call our emergency number (520)-570-7023 and the operator will contact Dr. Alfaro immediately.**