



TEL: (952) 844 0404  
FAX: (952) 831 5808

# HILGER

FACIAL PLASTIC CLINIC

7373 FRANCE AVE S., STE 410  
EDINA, MN 55435

THEHILGERCLINIC.COM

## Post-Operative Care Following CHIN AUGMENTATION

Call our office promptly if:

- ✓ The area becomes red, has drainage, or is warm to touch.
- ✓ You experience fever or chills.
- ✓ You are experiencing an unusual amount of pain that cannot be controlled with prescribed medications.

**NOTE: Do not take aspirin, as it may promote bleeding.**

During business hours, 8:00am-5:00pm, please call the nurse at 612-520-1455. For concerns after business hours, please call 952-844-0404, and you will be directed to your surgeon.

### Before Surgery:

- See the handout “About Your Scheduled Surgery”
- See the handout “Medications to Avoid Before and After Surgery”

### Day of Surgery:

**Attire:** Please wear loose and comfortable clothing that is easy to take off and put back on. A top with buttons or a zipper is recommended. Please do not wear any makeup to surgery.

**Team:** You will meet with the anesthesiologist, nursing staff, and your surgeon the day of surgery. Please feel free to ask any remaining questions.

### What Can I Expect?

- ✓ The chin may be sore for a few days following surgery.
- ✓ You may notice a temporary decrease in movement and feeling in your lips. This usually subsides within a few weeks.
- ✓ The chin may look too large, but the swelling will subside with time.

### How Do I Care for Myself?

- ✓ If bleeding occurs, apply firm pressure for at least 5 to 10 minutes. Do not remove or lift the dressing during this time. Call our office if the bleeding persists.
- ✓ No contact sports until approved by your physician.
- ✓ If the implant was placed through an incision in your mouth, rinse with water several times after each meal.

### Exercise Restrictions

- ✓ Refrain from rigorous exercise for the first 2 weeks after surgery. Do not lift anything greater than 10 pounds. Avoid activities that would cause you to hold your breath, which would increase pressure to the affected area.
- ✓ After 2 weeks from surgery you can slowly and gradually resume your normal activity.

**PETER A. HILGER M.D.**

PROFESSOR, UNIVERSITY OF MINNESOTA  
DEPT. OF OTOLARYNGOLOGY / DIV. OF FACIAL PLASTIC SURGERY

**SOFIA LYFORD PIKE M.D.**

ASSISTANT PROFESSOR, UNIVERSITY OF MINNESOTA  
DEPT. OF OTOLARYNGOLOGY / DIV. OF FACIAL PLASTIC SURGERY



TEL: (952) 844 0404  
FAX: (952) 831 5808

# HILGER

FACIAL PLASTIC CLINIC

THEHILGERCLINIC.COM

7373 FRANCE AVE S., STE 410  
EDINA, MN 55435

### Care of The Wound Site:

- ✓ It is important to perform incision line care to help facilitate healing and optimal recovery. Perform wound care two times a day. Remove dressings 24 hours after surgery and start the cleaning procedure:
  - ❖ Take a Q-tip, soaked in Dermal Wound Cleanser and roll along the incision line to help remove dried, crusted blood.
  - ❖ A specific moisturizing ointment should then be placed onto the incision line using a Q-tip. Keeping the wound moist will help facilitate healing.

### Post-Operative Wound Care Package:

The items listed below are suggested by your doctor to be used following your procedure. You can purchase this care package prior to your surgery. Included in this care package is a free consult with our esthetician.

- Dermal Wound Cleanser – This product helps remove dried, crusted blood on the suture line and around the surgical area.
- Moisturizer - This product helps keep the suture line moist to promote healing.
- Sunscreen - UV Physical, Broad Spectrum SPF 41- This sunscreen is specifically for post-procedure skin; not all sunscreens are approved for surgical sites.

Other suggested items:

- Arnica – This product can help reduce swelling and bruising after your surgery.
- Biocorneum - This product contains silicone. Silicone is shown to help prevent abnormal scarring after procedures.

### Recovery Timetable:

#### **Surgery**

**Day 1-7:** Perform incision site care

**First Post- Operative Appointment: Day 7-12:** You will return to the clinic to have your sutures removed. This appointment may be with the nurse. This will be scheduled prior to your surgery date.

**Second Post-Operative Appointment: 3-4 weeks from surgery:** Your surgeon will examine the healing during this time.

**Additional Appointments:** Your surgeon would like to see you 2-3 months after your surgery and ideally 6-12 months after surgery. This visit can be scheduled after your second post-operative appointment. Do not hesitate to call or schedule an appointment if you have questions or concerns.

**PETER A. HILGER M.D.**

PROFESSOR, UNIVERSITY OF MINNESOTA  
DEPT. OF OTOLARYNGOLOGY / DIV. OF FACIAL PLASTIC SURGERY

**SOFIA LYFORD PIKE M.D.**

ASSISTANT PROFESSOR, UNIVERSITY OF MINNESOTA  
DEPT. OF OTOLARYNGOLOGY / DIV. OF FACIAL PLASTIC SURGERY