

# Discharge Instructions for Chin Implant

Dr. Samuel Lam

(972) 312-8188 Monday-Friday, 9am-5pm

(214) 346-1388 Answering Service

## SPECIFIC INSTRUCTIONS:

- Keep the head of your bed up (day and night) for 2 days following your surgery.
- Ice the surgery site for 2 days following your surgery, applying it 20 minutes on and 20 minutes off while you are awake. NEVER apply ice directly to skin.
- Keep head dressing clean and dry (no showering) until Dr. Lam removes it the day after your surgery. Begin to follow the suture site care **after** dressing removal. Apply a thin smear of Mupirocin Ointment to the suture site. Do this twice a day for 1 week. Should you develop redness and itching at the incision site, notify Dr. Lam's office. Be sure to make an appointment to have the sutures removed.
- Males are not to shave for 2 weeks following surgery, then use an electric razor for two weeks after that.
- Avoid strenuous activity (i.e. lifting or exercising) for the next 2 weeks. Do not use a public pool or whirlpool until your incision is completely healed.

**Please return for your post-operative appointment as scheduled.**

Patient Signature: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date and Time: \_\_\_\_\_