

# THE FIRST GLANCE

## CHIN IMPLANT POST CARE INSTRUCTIONS

### Supplies to have at home:

- Your prescription medications (you may get your Prescription prior to surgery or on the day of your surgery) -Tylenol Extra Strength
- Stool Softener (ie. Restorolax/Lax-a-Day/Senokot) \*\*Start if no BM for 2 days\*\*
- Reactine (antihistamine to help with itchiness associated with medications or wound healing).

### Comfort:

Take your painkillers as directed as soon as you get home. You may find these do not eliminate your discomfort 100%, but you will feel more comfortable. Do not take any pills containing Aspirin, Ibuprofen, ASA or Arthritic Medication.

If you are not having significant discomfort, you can try using Extra Strength Tylenol instead.

### Wound Care:

The initial bandages should be kept on for 48 hours. At this point you may remove the external bandage. You will have steristrips present underneath this. These should NOT be removed. It is safe to wear the garment directly over these steristrips. There will be sutures present underneath this which will need to be trimmed in 7 days.

After 48 hours you may get the incision and steristrips wet in the shower. Pat the area dry, but do not rub.

Swelling and bruising can be significant initially and may worsen over the first four days before they begin to improve. It can take several weeks for both to resolve. Wearing your compression garment will help with this.

The garment should be worn as much as possible for the first week following surgery. Remove the garment when showering. The garment can be hand washed if needed. During the second week following surgery, wear the garment for 12 hours daily.

Recovery varies in individuals. Most feel uncomfortable for the first couple of days and depending on their occupation and extent of the surgery can return to work 1 to 2 weeks post-operatively.

### Daily Activities:

You may start walking the day following your surgery. Light exercise can usually begin 1 week after surgery, and more strenuous exercise 3 weeks post-operatively.

Avoid smoking and exposure to second-hand smoke for the 2 weeks after surgery. This will improve the appearance of any scarring and reduce your risk of infection.

Do not go into lake water, swimming pools, or hot tubs for 4 weeks after surgery to reduce the incidence of infection.

Do not sleep with pets in the bed to reduce the incidence of infection.

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(204) 885-1569 | [www.thefirstglance.ca](http://www.thefirstglance.ca) | [contactus@thefirstglance.ca](mailto:contactus@thefirstglance.ca)

The First Glance Aesthetic Clinic & Surgery Centre

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Do not bend with your head lower than heart level, this will increase potential swelling/bleeding. When putting on shoes/socks bring your foot up to reach it. When picking something up from the ground, bend at the knees to pick it up.

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red, or blue
- Dizziness that does not resolve, or fainting
- *Coughing up blood / Bloody diarrhea*

## Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

## After Hour Care

If on evenings, weekends, or an emergency, please call or text Dr. Brichacek (204) 898-9933

**In case of emergency please call Dr. Brichacek at 204-898-9933**