



WATERFRONT  
PRIVATE HOSPITAL

## CHIN IMPLANT SURGERY AFTERCARE

The advice below is general and will apply to the average patient. It should be a guide. All patients are different, and some will recover quicker than others.

### Before you leave the hospital

**Medications** - You will receive painkillers before discharge.

**Follow-up appointments** - An appointment with a nurse will be made for you before you leave for a wound check 1 week after surgery.

**Have someone take you home** after surgery.

### When you get home

#### Week 1

##### Immediately after surgery

**Get plenty of rest**, and don't overdo things.

**The area will be swollen**, but there is no need to use an ice pack – it is best to avoid touching or putting any pressure around your chin.

**Pain relief** – chin implant surgery can be painful, and you must take your prescribed pain medications regularly.

**Sleeping position** - Sleep with your head raised on 1-2 pillows for at least 1 week after surgery. This will help to control swelling and protect healing incisions.

##### Diet and Oral Care

**Soft Diet:** Stick to a soft diet for the first week. Foods like soup, yoghurt, and smoothies are ideal. Avoid hot foods and beverages in the first few days.



**Hydration:** Stay well-hydrated with water or non-acidic, non-carbonated beverages.

**Oral Hygiene:** Gently rinse your mouth with salty water or an antiseptic mouthwash at least 3-4 times daily. **No dot brush the surgical area directly** but maintain cleanliness. A soft toothbrush to use around the rest of your mouth is helpful.

### Activities

**Showering** - You can wash your hair and face as usual after the day of your surgery – but remember to **be gentle**.

**Bathing** – Please **avoid fully submerging** yourself in baths and hot tubs until your incisions have healed and are approved by your nurse/surgeon during your post-operative check-up.

**Keep mobile**, as this will reduce the risk of blood clots in the legs (if you have had a general anaesthetic).

**Avoid smoking** for at least two weeks, as smoking delays healing and increases the risk of complications.

**Avoid alcohol** when taking pain medications. Even if you are not taking pain medications, it is advisable to avoid alcohol for three weeks as it can cause fluid retention, which may worsen swelling.

## **Nurse appointment at the end of week 1**

You will have a review appointment after 6-7 days. The nurses can answer any questions.

## **What to look out for**

**Infection Signs:** Look out for increased pain, swelling, redness, discharge from the incision site, and fever. These could be signs of infection.

## **When can I go back to work?**

Return to work will depend on your recovery and job. We recommend taking at least one week off work.

## When can I fly after surgery?

Check with your airline and insurance company before flying. It'll depend on your airline's regulations and the flight duration. If in doubt, please ask your surgeon.

### Risk of DVT

If you're flying after recent surgery, especially when your mobility has been restricted, you're at an increased risk of [deep vein thrombosis \(DVT\)](#), a blood clot in one of the deep veins in your body, usually in your legs.

### Guidance

For medium-haul (3-6 hours) and long-haul (6-12 hours) and as a guide, allow **2-3 weeks** after chin implant surgery. You could fly around 1 week after surgery for short haul (less than 3 hours) flights. You can take steps to reduce your risk of DVT, such as drinking plenty of water, using your TED stockings, and moving around on the plane. The risk of developing a travel-related DVT is low, even if you're classed as moderate to high risk.

### Travel Insurance

Check your travel insurance policy carefully, as you may need to inform the insurance company you have recently had surgery.

## 1 month and onwards

You will feel back to normal after 1 month.

### Exercise

**You can resume gentle exercise after 4 weeks and build up to more strenuous exercise by the end of week 6.**

**Protect Your Chin:** Avoid activities that could impact your chin directly to prevent implant displacement.

### Further advice

If you are uncertain about anything or require further advice, please get in touch with us at [hello@waterfronthospital.co.uk](mailto:hello@waterfronthospital.co.uk)