



## Lam Facial Plastics Surgery Center

### Discharge Instructions – Chin Augmentation

Please keep in mind following your procedure it will take time to heal. Try not to be overly critical of your body and allow it time to heal. It is important to remember that it may take 2-3 weeks until you have healed to the point it is not noticeable so please keep this in mind when scheduling if you have any upcoming social or professional engagements that you must attend. Please follow these instructions carefully to reduce swelling and bruising as well as improve your overall outcome:

- Keep your head elevated for 2 days following your surgery, day and night. You may sleep with at least two pillows under you head (use a dark colored towel to protect your pillow) or you may sleep in a recliner (a travel pillow will help support your neck if you choose this method). Please use whichever method is most comfortable to you but do try to sleep on your back.
- Apply ice to the surgical site for the first 2-3 days after your procedure. Use in 20 minute increments, meaning on for 20 minutes and then off for at least 20 minutes while you are awake. Leaving on longer than 20 minutes at a time could injure your skin/tissues. Always use a barrier such as gauze or a clean wash cloth between the ice pack and your skin. NEVER apply ice directly to your skin.
- You may shower 24 hours after surgery.
- Begin to follow suture care the evening of your procedure. Clean once daily with a mild cleanser such as Cetaphil. Apply a thin smear of antibiotic ointment to the suture site twice daily for one week. Should you develop redness and itching at the incision site, notify Dr. Lam’s office.
- Avoid strenuous activity for 2 weeks. You may slowly begin increasing exercise activity, starting with walking, the day after your surgery. Listen to your body and increase activity as tolerated.
- Males are not to shave for 2 weeks following surgery. From weeks 2 to 4, you may shave with an electric razor only.
- No swimming or submerging the incision in water, pools, saunas, etc. for 3 months.
- **If you notice yellow/green drainage, pus filled bumps, fever over 100.4, severe pain or bleeding that isn’t controlled with 5 minutes of light pressure, please notify our office immediately.**

If you have any questions or concerns, please call Dr. Lam at:

Monday – Friday, 8:30am – 4:30pm

Office: 972-312-8188

After Hours

Answering Service: 972-280-7461

Patient Signature: \_\_\_\_\_ Date & Time: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date & Time: \_\_\_\_\_

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