

Care after Genioplasty

This page contains answers to frequently asked questions regarding your care after genioplasty surgery. This information will help you to remember the instructions given to you after surgery.

What will I see when I look in the mirror?

The jaw and neck area may be bruised and puffy. You may or may not have a surgical jaw bra dressing in-place when you awake from surgery. If you have a jaw bra in-place, keep this on until your first post-op appointment. The jaw area will be swollen, and will become more swollen on the second and third day after surgery and then the swelling will begin to improve gradually over the days following. It will take approximately 10-14 days for the bruising and swelling to resolve. You may experience some residual swelling for 4-6 weeks. The surgical incisions are repaired with very fine sutures placed under the skin, these sutures will dissolve on their own. The incisions are located in the mouth, under the gum line of the lower teeth and at the base of the inside, lower lip. Occasionally, there is an incision underneath the chin when augmentation with chin implants are used.

How will my chin feel?

In general, the genioplasty procedure is not very painful but you may experience tightness in your cheeks, chin and jaw from the swelling. You may experience numbness to the jaw area after surgery which will improve over time during the post-operative period. Once again, if you had a jaw bra applied at the time of surgery, keep the dressing intact until your post-op appointment. You will be given pain medication to take for discomfort and you may use ice on the area for 10 minutes every hour for swelling for the first 24-48 hours. Be sure to wrap the ice pack so your skin does not get too cold.

When can I shower or take a bath?

You can bathe or shower 3 days after surgery using a mild soap and shampoo. Avoid using very hot water. Pat the area dry and put a thin layer of bacitracin ointment on the surgical incision under your chin if Dr Totonchi used this approach. Incisions inside the mouth will be cleansed with a gentle mouth wash.

If you are wearing a jaw bra then you may bathe only is 3 days. NO showers. Keep the jaw bra intact and dry.

What can I do after surgery?

You should take it easy for several days after surgery and gradually increase your activity as you feel more comfortable.

Keep your wrap or jaw bra on, if applied after surgery, until your first post op appointment.

You will be on a soft diet for 2 weeks after your procedure to promote healing.

You will sleep in a semi-reclined position, for 5-7 days after surgery to minimize swelling.

Ice packs may be applied to the area for 10 minutes every hour.

You should not do any heavy lifting, strenuous exercise, or weight lifting for 4 weeks.

You will be able to return to your normal exercise routine gradually.

When can I drive?

You can drive after you have stopped taking prescription pain relievers.

How much pain will I have?

There is not much pain associated with the genioplasty procedure. Your jaw may feel tight and “full”. The most discomfort you will have lasts the first 3-5 days and when chewing which is why we instruct you on a mechanical soft diet for 2 weeks.

You will be given a prescription for pain medication at the time of surgery.

Take the medication as directed if needed. The pain medication will make you feel drowsy.

Do not drive while taking prescription pain medications.

When can I drink alcohol?

You can drink alcohol 2 weeks after your procedure if you are not taking pain medication.

When will I be seen in the office after surgery?

You will normally be seen in the office 5-7 days after your surgical procedure and then at 2 weeks, one month, three months, six months and a year to assess for healing and final results. Additional appointments may be necessary.

How will I know if I am having a problem?

Urgent problems don't frequently occur with genioplasty surgery.

These are the complications that will require a change in your post-operative care:

Vision problems-

If you experience any change in vision, “flashing lights”, loss of peripheral vision, contact the office immediately.

Hematoma

The warning signs are:

Severe pain that does not respond to medication

Significant swelling in an isolated area

Excessive bruising in one area compared to another

Infection

It is normal to have a small amount of drainage from your incisions for 1-2 days after surgery.

Signs of infection:

Increased redness around the incisions

Increased drainage from the incisions

Increased temperature/fever

Leg swelling with or without associated pain may indicate a problem with the vein circulation in your leg(s). Although some swelling is to be expected due to your surgery, IV fluids given during surgery and your decreased level of activity, this swelling is normally mild, painless and affects

both legs evenly. If you have a large amount of leg swelling of either one or both legs, or if you experience pain in your legs, contact the office immediately.

Breathing problems after genioplasty surgery are a rare but serious complication. If you develop any chest and/or back pain, throat swelling, or feelings of shortness of breath, you must contact the office immediately or be seen in the nearest emergency medical facility without delay.

Medication reactions can occur with the drugs prescribed to you. If you develop a skin rash, itching, vomiting, or diarrhea, Stop taking the medication and notify the office.

**If you have any of the above problems or other questions, contact my office.
Ali Totonchi, MD**