



DAINES PLASTIC SURGERY

CHIN AUGMENTATION

POST-TREATMENT INSTRUCTIONS:

- Please do not take **aspirin, naproxen, ibuprofen, vitamin E, flaxseed oil, fish oil**, or **ANY herbal supplements** for 2 weeks prior and 1 week after surgery.
- You will have an incision underneath the chin. Gently clean incisions twice daily with diluted hydrogen peroxide-soaked Q-tips by rolling over incisions, then apply Vaseline healing ointment.
- It is common to have light swelling and bruising in the chin and neck region, especially if you have had liposuction. Use ice packs for the first 48 hours to keep swelling to a minimum.
- Wait two days before taking a shower.
- Sleep with an extra pillow to keep your head elevated which will minimize swelling.
- Please do not bend forward, strain or lift anything heavy during the first week of recovery.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, DO NOT HESITATE TO CONTACT US AT THE
OFFICE (949) 209-1622**