

CHIN SURGERY

DATE OF SURGERY:

OFFICE APPOINTMENT FOR DRESSING
REMOVAL

1. _____

ADMIT TIME: _____

2. _____

ABSOLUTELY NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO YOUR SURGICAL PROCEDURE. THIS INCLUDES WATER, MEDICATION, JUICE. NOTHING BY MOUTH.

GENERAL INSTRUCTIONS FOR CHIN SURGERY

1. No intake of white refined sugar in any form, this includes cakes, ice-cream, cookies – if you are not sure, ask – for one week prior to surgery.
2. No Aspirin or Aspirin containing medication such as Empirin, Anacin, Excedrin or Bufferin.
3. Hair may be washed with baby shampoo one day after ALL DRESSINGS are removed. A COOL hair dryer may be used to dry hair. Shampoo the day before surgery.
4. All hair tinting should be done ahead of surgery date. Hair may be tinted approximately one month after surgery. Do not have a short haircut prior to surgery, it is not necessary.
5. No stretching of skin in surgical areas. Apply bland oil to all suture lines after dressing is removed.
6. No thermally hot foods or hard chewing. No alcoholic beverages for 10 days after procedure.
7. No swimming for one month, no diving for two months.
8. Lubricate lips with Vaseline or cold cream if necessary after surgery.
9. No direct sun-bathing for two weeks prior to surgery and six weeks after.
10. Note your office appointments for dressing removal and post-operative care.
11. Please wear easily removable, comfortable clothing e.g. shirts which open down the front, nothing to be removed over the head, on the day of surgery.
12. Please telephone the office the day before your surgery to confirm your admit time: (213) 274-7821.
13. On the day of your pre-operative visit you will be given prescriptions, these are to be filled prior to the date of surgery.