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## **The Plastic Surgery Experts**

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### **Chin Implant—Post-Operative Instructions**

1. Elevate head of bed approximately 30 degrees (two pillows is sufficient) for 2 weeks.
2. Avoid direct sun for one month.
3. Keep a stiff upper lip with no smiling. Maintain a soft diet for one week.
4. Avoid brushing the lower teeth for one week with a toothbrush, use only a soft cloth.
5. Avoid strenuous activity for two weeks. You can walk “briskly” after two weeks, and you can jog after three weeks. No diving or skiing for eight weeks. If you play tennis, you can hit ground strokes after three weeks and compete in singles after four weeks.
6. You may return to work in one week.
7. For best results in avoiding chin trauma, sleep alone for two weeks.
8. Sleep on your back for six full weeks; sleeping on your side may cause deviation of your chin implant
9. Until full healing has taken place. To avoid turning over in your sleep at night, the following measures are suggested:
  - a. Sleep on a Lazy Boy chair with head elevated.
  - b. Obtain pillow rest with a neck cut out that can be wedged under your head.
  - c. Wear your Robe with a soup can placed in each front pocket so that when you roll over in your sleep, the cans will remind you to roll over on your back.
10. Avoid bending over for ten days.

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