



# GARCIA

↔ FACIAL PLASTIC SURGERY ↔

7807 Baymeadows Road East, Suite 303 Jacksonville, FL 32256

## CHIN AUGMENTATION POSTOPERATIVE INSTRUCTIONS

Please follow these instructions carefully. You should also review the materials in the consultation book online relative to your surgery. Your final result will depend upon how well you care for the treated areas.

1. Rinse the mouth with Peridex (Chlorhexidine) mouth wash three times a day.
2. Eat soft foods only. No nuts, popcorn, grits, chips, granola, etc.
3. **Do Not** drink from a straw or put any objects in your mouth, ie. toothpicks, dental floss, etc.
4. **Do Not** brush teeth with a toothbrush. Use your finger on upper teeth and mouth-wash on the lower teeth.
5. **Do Not** make excessive facial movements. Animation can shift the implant until well healed.
6. Make sure to stand and walk around every 15 minutes.
7. Refrain from all strenuous activity until instructed by Dr. Garcia.
8. **Do Not** force the tongue down into the crease to feel the suture or attempt to clean the debris. This maneuver too, may interfere with the healing.

*Generally you will be scheduled for 1 day, 1 week, 2 week, 1 month, 3 month, 6 month and 1 year post-op appointments!*

**904-203-8282**

Person Receiving Instructions: \_\_\_\_\_  
(one copy to patient and one to chart)

Person Reviewing Instructions: \_\_\_\_\_

Date/Time: \_\_\_\_\_