



POST OPERATIVE INSTRUCTIONS GENIOPLASTY

Begin taking Arnica Montana from your VitaMedica recovery pack the night of surgery. Continue taking other pre-operative VitaMedica supplements as directed. Full instructions will be listed on the package.

1. Get plenty of rest the night of your surgery. Following the first night start walking as soon as possible to help reduce the chance of blood clots.

2. Do not be alarmed if you continue to swell, as swelling reaches its peak at 48 to 72 hours.

3. A light diet is best the day of your surgery. Begin taking liquids slowly, you can start a regular diet when tolerated.

4. If you have pain or discomfort, take the medication prescribed for you. **It is necessary to take the medication with food to avoid stomach upset.** If you are not having pain, do not take the pain medication. Do not take aspirin or aspirin products or ibuprofen, and do not consume alcohol while on medication.

5. You may experience numbness around the operative areas which should subside with time.

6. Dressings are removed within the first week after surgery. Intra-oral sutures are absorbable and do not require removal.

7. Avoid swimming pools, lakes, rivers, or streams for at least 4 weeks after your surgery.

8. Bruising and swelling are normal and will dissipate with time. If you experience pain, a fever above 101F, excessive bleeding or drainage, yellow drainage in your eyes, rapid swelling, injury to your incision sites, or other problems relating to your surgery, please call the office immediately.

9. Pain medications and anesthesia may cause constipation. Please drink at least 8 glasses of water per day and inform us if you have not had a bowel movement in 2 days after surgery.

10. You may gradually resume normal daily activities, being careful to avoid any activities that cause pain or discomfort. You may drive as soon as you are no longer on pain medication.

11. Avoid strenuous exercise for the first week to 10 days. Body contact sports should be avoided for the first 6-8 weeks.

12. Avoid direct exposure of the sun to incisions for at least 12 months after surgery as they will be extremely sensitive to sunlight during the healing phase. Use a sunblock with UVA and UVB protection if incisions are exposed to sunlight or tanning beds.

13. Please take all medications as directed. If you experience nausea, vomiting, shortness of breath, diarrhea or a rash after taking your medications, please call the office.

If at any time you have any questions, problems, or concerns, please contact the office at (512) 600-2888. After hours, if it is an emergency, listen to the recording for instructions.