

**ARMEN VARTANY, M. D.**  
Certified, American Board of Plastic Surgery  
**116 South Buena Vista Street**  
**Burbank, California 91505**  
**(818) 500-0823**

## **INSTRUCTIONS FOR CHIN IMPLANT SURGERY**

### **BEFORE SURGERY**

Do not take aspirin, Excedrin, Ibuprofen, Motrin, Advil, Aleve or any other non-steroidal anti-inflammatories, for two weeks prior to surgery and for one week after surgery. These medications interfere with normal blood clotting. You may take Tylenol, if needed, for minor aches.

For a period of two days prior to surgery, use antibacterial soap (Dial, Safeguard, Phase III, etc.) for cleansing your ears and face.

Telephone the office if you notice any signs of fever, infection, pustules, or a cold.

You may brush your teeth the morning of surgery, but **have nothing to eat or drink after midnight the night before surgery if you are having general anesthesia.** If your procedure is being done at the office under a local anesthetic, you may have a light breakfast in the morning before your surgery. If you take any medications for blood pressure or your heart, please take them with a sip of water as scheduled.

On the day of surgery wear a loose fitting, button-up blouse, or shirt type dress, which has been freshly laundered, and that does not require being put on over the head. Do not wear pantyhose, boots, and girdles.

Do not wear any make-up, nail polish or jewelry to the surgery center.

If you wear contact lenses, be sure to bring a case and solution as your contact lenses may need to be removed prior to surgery. You will be able to put your contact lenses back in approximately one day after surgery.

Please park on the second floor of our parking structure. This is the level that you will be discharged.

When you arrive for surgery, you will advise the facility who is to be called to take you home. Once you have been transitioned to the recovery room, your designated ride will be contacted. Your ride will need to arrive within 30 minutes for instructions and discharge.

You **must** have someone spend the first night with you.

If you have any questions, prior to surgery, please call the office any time.

**AFTER SURGERY:**

Return home and go directly to bed, with only assisted bathroom privileges for the first 24 hours.

Take medications as directed\*\*. Remember that NO alcohol is permitted for one week to ten days, depending on the discontinuance of medication.

If you had surgery under general anesthesia:

You may have small quantities of liquids as desired and/or tolerated once you return home. It is advised that you eat a very small amount of pudding or yogurt to coat the stomach prior to taking pain medication. \*\*If you are experiencing any nausea, avoid taking the anti-biotic and/or pain medication until the nausea subsides or until the following day when you may progress to a soft diet. Chewing should be kept to a minimum for a few days following surgery. After that, you may eat as desired and/or tolerated. Hot and/or spicy foods may cause additional swelling.

If you had surgery under local anesthesia:

You may eat and drink as tolerated. Hot and/or spicy foods may cause additional swelling.

Keep your head elevated at all times for two weeks after surgery. You may use pillows to assist in propping your head up while resting in bed. This will help to reduce bruising and swelling.

The chin will be wrapped in a dressing after surgery. Slight spotting of blood may be seen on the bandages; however, any bright red spots should be reported to the office.

In no event should bandages be removed except by the doctor or Nurse. If the patient complains of bandages being excessively tight, the office should be notified.

Avoid any exercise and/or strenuous activity that could potentially elevate your heart rate or blood pressure for four weeks after surgery.

Should you have a question or concern during office hours:

Monday – Friday 7:30am – 6pm (Closed 12pm - 1pm for lunch)

Saturday 7:30am – 4pm (Closed 12pm – 1pm for lunch)

Please call the office at (818) 500-0823.

In the event of an emergency AFTER hours / AFTER surgery:

Please send a text message to (818) 458-0340. Dr. Vartany will respond immediately.