



PATIENT RECOVERY GUIDE

Chin Augmentation Aftercare Instructions

Your personalised recovery guide following chin augmentation with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Chin Augmentation		DD / MM / YYYY	DD / MM / YYYY

Your recovery begins the moment your chin augmentation concludes. This is a day procedure with a short, comfortable recovery — but the first week still shapes your result. If your incision is inside the mouth, gentle care of the area matters most; wear your jaw garment, keep to soft foods, and let the swelling settle. Most patients are back to normal life within a day or two.

1 The First 48 Hours

- ◆ **Jaw garment.** Wear your supportive chin/jaw garment as fitted for the first week.

◆ **Mouthwash.** If your incision is intraoral, use the antiseptic mouthwash as directed for 4–5 days.

◆ **Soft foods.** Keep to soft foods for the first 4–5 days; avoid hard or chewy items.
- ◆ **Medication.** Take prescribed antibiotics and pain relief exactly as directed.

◆ **Head elevated.** Sleep with your head slightly raised to ease swelling around the chin.

◆ **Oral hygiene.** Keep the mouth clean but avoid disturbing an intraoral incision.

2 Recovery Timeline

- DAYS 1 – 2
Home & rest. Same-day discharge. Mild discomfort controlled with medication. The initial result is already visible.
- DAYS 3 – 7
Swelling settles. Most swelling resolves within 7–10 days. Continue the jaw garment for the full week.
- WEEK 2 – 3
Back to normal. Return to a normal diet and routine activity. Avoid contact sport a little longer.
- MONTHS 1 – 3
Final definition. Residual swelling fully resolves and the final, refined chin contour emerges.

“The implant was designed to fit your bone exactly — now let it settle. Wear your garment, protect the incision, and give the swelling time. The definition you see refining over these weeks is the result taking its final shape.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your jaw garment for the full first week.
- ◇ Sleep with your head slightly elevated.
- ◇ Use antiseptic mouthwash if advised.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Hard or chewy foods in the first 4–5 days.
- ◇ Strenuous exercise or contact sport early.
- ◇ Smoking, which delays wound healing.
- ◇ Disturbing or pressing on the chin implant.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or swelling of the chin.
- Discharge, bleeding or opening of the incision.
- Severe or increasing pain not eased by medication.
- A shifting or visibly displaced chin implant.
- Persistent numbness of the lower lip or chin.

5 Discharge Checklist

- ☐ Jaw garment fitted and spare provided.
- ☐ Antibiotics, pain relief and mouthwash collected.
- ☐ Oral care and soft-food instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS