



PATIENT RECOVERY GUIDE

Double Chin Removal Aftercare Instructions

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

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Double Chin Removal	_____	DD / MM / YYYY	DD / MM / YYYY

Your recovery after double chin removal is quick and undemanding. You go home about an hour after a short rest, and your stitches are hidden and dissolvable. The key is your compression garment — wear it as directed for about a week to support the new contour — and a little patience as the last swelling settles and your sharper jawline emerges over the weeks ahead.

1 The First 48 Hours

- ◆ **Head elevated.** Rest and sleep with your head raised on pillows to reduce swelling under the chin.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Wear your chin / neck garment.** Wear the compression garment as fitted, about a week; it supports the contour and limits swelling.
- ◆ **Cool compress.** A cool compress on the neck in the first day or two helps ease swelling and bruising.
- ◆ **Care for the incisions.** Keep the small incisions under the chin or behind the jawline clean and dry as instructed.
- ◆ **Expect a little numbness.** Altered sensation around the area is normal and usually settles within 3–4 weeks.

2 Recovery Timeline

- DAYS 1 – 3
Early healing. Home about an hour after surgery. Wear your garment. Mild swelling and bruising under the chin; little restriction on daily life.
- WEEK 1
Swelling settles. Swelling and bruising fade within about a week; most continue normal daily activities throughout.
- WEEKS 2 – 4
Back to normal. Any altered sensation continues to improve and typically resolves within 3–4 weeks.
- MONTHS 1 – 3
Final result. The final, settled contour — a sharper jawline and chin-neck angle — emerges over about 1–3 months.

“I matched the treatment to the true cause of your double chin — so wear your garment, be patient through the first weeks, and let the swelling settle. A cleaner, sharper jawline is on its way.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your compression garment as directed (~1 week).
- ◇ Keep your head elevated when resting.
- ◇ Walk gently from the first day to support circulation.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Strenuous activity or bending head-down early.
- ◇ Strenuous exercise until cleared.
- ◇ Smoking, which delays wound healing.
- ◇ Tight collars that rub the healing incisions.

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 spreading swelling.
- Discharge, bleeding, or opening of an incision.
- Severe or increasing pain not eased by medication.
- A firm, rapidly growing swelling under the chin (haematoma).
- Numbness that worsens rather than improving over time.

5 Discharge Checklist

- ☐ Compression garment fitted and spare provided.
- ☐ Pain relief and any antibiotics collected.
- ☐ Incision-care and garment 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