

Chin Implant Surgery Aftercare

Recovery guidance following chin implant surgery, based on Waterfront Private Hospital's written chin implant aftercare leaflet. This online guide should be used alongside the specific instructions given to you by your surgical team.

Typical recovery: Back to normal at around 1 month; full exercise by ~6 weeks · Reviewed 4 July 2026 · Version 1.0

When to get help — your traffic light guide

RED

Call 999 or go to A&E now if you have:

These can be life-threatening. Do not wait to call the hospital first.

- Signs of a blood clot (DVT): a painful, swollen leg, chest pain or shortness of breath
- High temperature (over 38°C) with confusion or unusual drowsiness

AMBER

Contact us now — do not wait — if you have:

- Increased pain, swelling or redness around the incision
- Discharge from the incision site
- Fever

Office hours (Mon–Fri 9am–5pm): 0131 376 3785

Evenings and weekends during your early recovery: Out-of-Hours Nurse Advice Line 07405322689 — our nurse can advise you, contact your surgeon, or direct you to NHS services.

After your early recovery period: call the hospital in office hours, or NHS 24 on 111.

Had your surgery at Spire Shawfair Park (overnight stay)? Contact Spire directly using the number on your discharge paperwork — not the Waterfront advice line.

GREEN

Tell us at your next appointment:

Anything else that is niggling or worrying you — no concern is too small. Mention it at your next appointment, or call us during office hours.

Related Information Leaflets

Separate leaflets about the procedure itself — not the aftercare instructions above. Tap a title to download, or find them all on your procedure page in the portal.

- [Chin Implants — Information](https://waterfront-patient-portal.netlify.app/waterfrontaftercare/chin-implants-info.pdf) (https://waterfront-patient-portal.netlify.app/waterfrontaftercare/chin-implants-info.pdf)

How to Use This Information

The advice below is general and will apply to the average patient. It should be used as a guide — all patients are different, and some will recover quicker than others.

Always follow the specific instructions given to you on the day of your surgery. If there is ever a difference, follow your consultant's written or verbal instructions. If you are uncertain about anything, contact us at hello@waterfronthospital.co.uk.

Post-Operative Checklist

- Make sure you have your painkillers — the nurse looking after you will go through them with you
- Nurse wound-check appointment (1 week / 6–7 days) arranged
- Someone to take you home after surgery
- Soft-diet foods at home (soup, yoghurt, smoothies)
- Salty water or antiseptic mouthwash ready
- Extra pillows to sleep with your head raised

Wound Care

- Avoid touching or putting any pressure around your chin
- Gently rinse your mouth with salty water or an antiseptic mouthwash at least 3–4 times daily
- Do not brush the surgical area directly; use a soft toothbrush around the rest of your mouth
- You can wash your hair and face as usual from the day after surgery — be gentle
- Avoid fully submerging in baths or hot tubs until your incisions have healed and are approved by your nurse or surgeon
- Watch for signs of infection: increased pain, swelling, redness, discharge or fever

Pain Management

- Chin implant surgery can be painful — take your prescribed pain medications regularly
- Many patients find it comfortable to sleep with the head slightly raised (1–2 pillows) for the first week — it helps the swelling settle and keeps pressure off the chin
- The area will be swollen, but there is no need to use an ice pack

Activity Restrictions

- Get plenty of rest in the first week and don't overdo things
- Stick to a soft diet for the first week; avoid hot foods and drinks in the first few days
- Stay well hydrated with water or non-acidic, non-carbonated drinks
- Keep mobile to reduce the risk of blood clots in the legs (especially after a general anaesthetic)
- Avoid smoking for at least two weeks, as it delays healing and increases the risk of complications
- Avoid alcohol while taking pain medication, and ideally for three weeks, as it can worsen swelling
- Take at least one week off work (depending on your recovery and job)
- Resume gentle exercise after 4 weeks, building up to more strenuous exercise by the end of week 6
- Avoid activities that could impact your chin directly, to prevent implant displacement

Before You Leave the Hospital

- **Medications:** You will receive painkillers before discharge.
- **Follow-up appointments:** A nurse appointment will be made for you before you leave, for a wound check 1 week after surgery.
- **Getting home safely:** Have someone take you home after surgery.

Diet & Oral Care

Soft diet: Stick to a soft diet for the first week — soup, yoghurt and smoothies are ideal. Avoid hot foods and beverages in the first few days.

Hydration: Stay well hydrated with water or non-acidic, non-carbonated beverages.

Oral hygiene: Gently rinse with salty water or antiseptic mouthwash 3–4 times daily. Do not brush the surgical area directly, but keep it clean; a soft toothbrush is helpful for the rest of your mouth.

Your Recovery, Stage by Stage

Week 1 — Immediately After Surgery

Rest, swelling control and soft diet

WHAT'S NORMAL

- Swelling around the chin
- Discomfort that can be painful
- Need for plenty of rest

CARE ROUTINE

- Get plenty of rest and don't overdo things
- Sleep with the head slightly raised if comfortable
- Stick to a soft diet; avoid hot foods/drinks at first
- Rinse with salty water or antiseptic mouthwash 3–4 times daily
- Avoid touching or putting pressure around your chin

COMFORT

- Take prescribed pain medication regularly
- No ice pack needed

Weeks 2–4 — Early Recovery

Healing while avoiding smoking and alcohol

WHAT'S NORMAL

- Swelling gradually settles
- Increasing comfort eating and speaking

CARE ROUTINE

- Avoid smoking for at least two weeks
- Avoid alcohol for about three weeks (worsens swelling)
- Keep mobile to reduce blood-clot risk
- At least one week off work before returning

COMFORT

- Pain relief as needed

- Contact us if pain increases rather than improves

1 Month → 6 Weeks — Back to Normal

Returning to full activity

WHAT'S NORMAL

- Feeling back to normal at around 1 month

CARE ROUTINE

- Resume gentle exercise after 4 weeks
- Build up to more strenuous exercise by the end of week 6
- Avoid activities that could impact your chin directly, to prevent implant displacement

COMFORT

- No pain expected

Follow-Up Appointments

Nurse review — end of week 1 (Days 6–7) — A wound-check appointment with a nurse, arranged before you leave hospital. The nurses can answer any questions.

- Wound check
- Review of healing
- Questions answered

Further nurse reviews — as needed — Some patients need further nurse reviews. If so, the nurses will arrange these with you and will discharge you from nurse-led care once they are happy your wounds have healed.

Around 6 months — surgeon review (final follow-up) — Your surgeon will usually see you at around 6 months to assess your final result. Your surgeon is always available to review you sooner if required, and in some circumstances may wish to see you before your final follow-up.

Your appointment schedule may vary. Always follow the specific dates and times given in your appointment card. Contact us if you need to reschedule.

Frequently Asked Questions

When can I go back to work?

Returning to work depends on your recovery and your job. We recommend taking at least one week off work.

When can I fly after surgery?

Check with your airline and insurance company before flying. As a guide, you could fly around 1 week after surgery for short-haul (under 3 hours) flights, and allow 2–3 weeks for medium-haul (3–6 hours) and long-haul (6–12 hours) flights. Reduce your DVT risk by drinking plenty of water, using your TED stockings, and moving around on the plane.

Do I need to use an ice pack?

No. The area will be swollen, but there is no need to use an ice pack. It is best to avoid touching or putting any pressure around your chin.

What should I look out for?

Look out for signs of infection: increased pain, swelling, redness, discharge from the incision site, and fever. Contact us if you notice these.