

Chin Implant Surgery

Patient Information

Background

The shape of the chin can dramatically affect the way we look. For many people, the position of the jaw and the way the teeth come together affect the shape of the lower face. A weak chin can lead to an unsupported jawline and weaker neck definition. With certain types of bite, the jaw may be 'over closed' giving a short lower face and a deep groove running across the middle of the chin. Whilst it is often possible to undergo jaw surgery, this is a major undertaking and will usually require lengthy orthodontic treatment initially. A simpler option is to use a chin implant that can give a similar aesthetic outcome. The implant can be made from a soft silicone or textured plastic material, they come in a variety of shapes and sizes and can be customised as necessary to give you the chin enhancement suited to your face shape and needs.

What is a chin implant?

A chin implant is made of soft silicone or a textured plastic material and is inserted into the chin to create definition and achieve an aesthetically pleasing look. Each implant can be customised in order for you to achieve the exact look you are wanting to achieve.

Is the procedure right for me?

A detailed consultation with your consultant plastic surgeon is essential prior to undergoing any surgical procedure. During the consultation, your surgeon will discuss your area/s of concern, desired improvements, options available (including no treatment at all) and expected outcomes. Your surgeon will examine your face and bone structure and may take some photographs for your medical records. You will be given a 'cooling-off' period of at least 2 weeks between initial consultation and the date of your operation to ensure you have ample time to reflect on all aspects of the procedure before proceeding (although please bear in mind the waiting lists for our surgeons mean this period is invariably significantly longer).

How is the procedure carried out?

Should chin implant surgery be agreed upon as the most suitable course of treatment, the procedure will be carried out in our newly refurbished operating theatre. A small incision is placed beneath the chin and a pocket made under the skin just big enough to fit the chin implant. The implant is gently introduced and, following careful adjustment and contouring, is held in position with stitches. The incision is closed and dressings applied.

Aftercare and recovery

After surgery it is important to rest to allow the area to settle. You should take it easy for the first 2 days post-surgery, remembering that the less you do, the less you will

bruise. As a general rule of thumb, avoid doing anything that would make your face redden during this initial stage of healing. This may range from avoiding hot baths to ensuring you do not exert yourself through lifting, for example. Patients generally experience minimum discomfort after this procedure and healing usually progresses quickly. After surgery the area will bruise a little reaching a maximum after 48 hours, gradually settling over subsequent weeks. Normally, you will need two days off work and will need to avoid vigorous exercise for around four weeks whilst deeper level healing takes place. Showering is permitted on the second post-operative day. Scars tend to be quite red initially, turning to purple and then fading to white. Most patients will form good quality scars over time.

What to expect after surgery

The surgery is usually performed as a day case under general anaesthesia. Our highly experienced medical team will be on hand during your stay to care for your needs. The operation usually takes around two hours to complete. If your surgery is performed as a day case and you go home on the same day. The chin area may feel tight and sore for a day or two following surgery. Simple painkillers should be enough to keep you comfortable.

Risks and Complications

All surgical procedures are associated with risks. Your Surgeon will explain these in detail during initial consultation, enabling you to reach an informed decision on whether you wish to proceed. Serious complications are uncommon, however patients should be aware of the following complications prior to undergoing chin implant surgery-

- Anaesthesia risks including allergic reaction, blood clots, heart attack, stroke and death
- Infection
- Healing problems
- Extrusion of deep stitches
- Loss of blood supply to skin
- Change of the colour of skin
- Bleeding, swelling and bruising
- Asymmetry
- Poor scarring of skin
- Increased or reduced sensation
- Damage to deeper structures
- Unsatisfactory results
- Pain, which may persist
- Change over time
- Allergic reaction
- Possibility of revisional surgery

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Results

Chin enhancement results are visible immediately after surgery, however it may take up to 6 weeks post-surgery for swelling to settle and for the true result to be seen. Chin implants have an indefinite lifespan so further surgery is not usually necessary.

Cost

Prices for chin implant surgery can vary. Costs may include-

- Anaesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescriptions for medication
- Surgeon's fee

After consultation and if you are planning to proceed with surgery, you will be given a written quotation regarding the cost of the planned procedure.

Alternative treatments

Chin implant surgery is generally the most effective way to create chin definition and extend the jawline without undergoing more invasive jaw surgery. Facial fat transfer and dermal filler injections may offer some degree of subtle benefit as an alternative.

If you experience any problems or have concerns following surgery, please do not hesitate to call our direct patient line for assistance on 07908 891059.

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Patient Pre & Post-Operative Care Guide

Pre-Operative Preparations

2 weeks before surgery-

We would recommend that you start taking Arnica anti-bruising tablets, three times a day, two weeks prior to and two weeks after surgery. These are available from several health and wellbeing stores, including Holland & Barratt.

1 week before surgery-

Avoid Aspirin, Ibuprofen, Nurofen and other similar painkillers one week before and two weeks after surgery. Paracetamol is the safest painkiller to take, if necessary.

Stop taking Vitamin E and its compounds (such as evening primrose oil, fish oils, garlic and garlic capsules) 1 week before surgery and 2 weeks after surgery. Taking Vitamin E in any form can cause bleeding and post-operative complications.

Day of surgery-

You must take your routine medicines at the usual time, unless advised otherwise and bring them with you (including inhalers).

Remove lenses prior to arrival at the clinic.

You will be discharged from the clinic with steristrips in place on your chin. If you think that you may feel self-conscious about this, we recommend that you bring a scarf.

Post-Operative Instructions

Average length of stay-

The surgery will be performed as a day case under a general anaesthetic unless your surgeon advised otherwise during consultation. **Patients should not drive for a minimum of 24 hours post-operatively, so alternative means of transport should be arranged.**

0-2 weeks after surgery

- It is essential to ensure activity is kept to a minimum and to rest as much as possible. The less you do, the less you will bruise
- Shower if you wish and feel free to wash your hair, but please keep the steristrips as dry as possible
- Keep your head up to reduce swelling and sleep with extra pillows to raise your head
- To minimise bruising, avoid bending down, hot baths, heavy lifting and anything else that would naturally cause your face to redden
- Paracetamol can be taken as required

2 days after surgery onwards

- Gentle walks are permitted
- Driving may resume

3 weeks after surgery onwards

- Moderate cardiovascular exercise may resume but do listen to your body- it will tell you if you are overdoing things. Deeper level healing will continue for several weeks and overdoing thing may lead to secondary bruising

6-12 weeks after surgery onwards

- Swimming and more strenuous exercise may resume, as advised by your surgeon at your follow up appointment

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