

**Bahman Guyuron, MD, FACS**  
**Plastics and Reconstructive Surgery**

**440-461-7999**

**HOME INSTRUCTIONS FOR GENIOPLASTY**

- Sleep on your back with your head elevated at approximately a 45 degree angle.
- You will have an incision inside the mouth. Rinse the inside of the mouth after each meal or three times per day with ½ strength Listerine Gold.
- You may have food as tolerated, avoid salty foods.
- Avoid bending over for long periods of time.
- No exercise for 3 weeks.
- Slow paced walking is encouraged.
- Do not take any aspirin, Advil or Aleve for a period of one week following your surgery.
- If you need pain medication, do not hesitate to take the prescription medication.  
**However, please eat food immediately after taking the medication to minimize the chance for nausea or vomiting.**
- Take your nausea medicine as soon as you start feeling nauseous.
- **All patients are seen the day after surgery.**
- **Someone must be with you for 24 hours after surgery.**
- You will not be able to drive yourself for 5 to 7 days after surgery if you are taking pain medications, please arrange for your transportation for the post operative appointments.

**REMINDERS:**

- Refer to the patient discharge Instructions upon discharge from the surgery center.
- Please take all of your medications on schedule.
- Report any unusual heavy bleeding, discomfort unless you have been advised otherwise, Shortness of breath, temp over 100 degrees, redness and any pain or discomfort in your legs should be reported immediately.

**EMERGENCY NUMBER:**

For emergencies after normal office hours, please call the answering Service at **440-461-7999**. Leave your name, phone number and the reason for your call. If there is not a response within 10 minutes, please call the number again.