

# GENIOPLASTY (CHIN SURGERY) PATIENT INFORMATION GUIDE

*(Educational material - not a replacement for personalised medical advice)*



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# Information For Patients

This booklet provides information to help you decide whether to undergo genioplasty (chin surgery). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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## What is Genioplasty?

Genioplasty is a surgical procedure designed to reshape or reposition the chin to improve facial balance and profile.

Several techniques may be used depending on individual anatomy and treatment goals, including:

- Sliding genioplasty (chin repositioning using the patient's own bone)
- Chin reduction or contouring
- Chin advancement or setback
- Correction of asymmetry
- Chin augmentation using implants (in some cases)

Sliding genioplasty involves cutting and repositioning the chin bone, which is then secured with small plates or screws. This approach allows precise adjustment of chin height, projection and symmetry.

## Why Consider This Procedure?

You may consider genioplasty if you experience:

- A weak or receding chin
- An overly prominent chin
- Facial imbalance when viewed from the side
- Asymmetry of the lower face
- Functional or aesthetic concerns related to chin shape

The procedure is intended to improve facial harmony rather than alter identity.

# Preparing for Surgery

Before surgery you may be advised to:

- Undergo clinical assessment and imaging studies
- Disclose all medical conditions, medications and supplements
- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Arrange assistance during early recovery
- Follow fasting instructions prior to anaesthesia

Your surgeon will review your medical history and discuss the treatment plan during consultation.

## Your Treatment Journey (International Patients)

### Initial Assessment

Your medical history, photographs and imaging are reviewed.

### Travel Arrangements

Airport pickup and accommodation may be arranged through the treating hospital or clinic.

### Pre-Operative Appointment

You will attend a consultation for examination, surgical planning and consent confirmation.

### Surgery Day

The procedure is performed in a hospital setting under anaesthesia.

### Post-Operative Stay

Patients may return to accommodation the same day or remain for observation depending on the procedure.

### Return Travel

Patients are generally advised to remain abroad for several days to allow for early follow-up before travelling home.

## The Procedure

Genioplasty is typically performed under general anaesthesia.

Most procedures are carried out through incisions inside the mouth, avoiding visible external scars. The surgeon reshapes or repositions the chin bone according to the surgical plan and secures it with fixation devices where required.

In cases involving implants, a medical-grade implant may be placed to enhance chin projection.

Surgery usually takes 1 to 2 hours.

## After the Operation

After surgery you may experience:

- Swelling and bruising of the chin and lower face
- Discomfort or tightness
- Temporary numbness of the lower lip or chin
- Difficulty chewing
- Dressings or supportive bandages

These effects are expected during early recovery.

## Recovery and Expected Results

### First Week

Swelling and discomfort are most noticeable. A soft diet may be recommended.

### Weeks 2–3

Swelling gradually improves and many patients return to normal daily activities.

### Months 2–6

Final contour becomes more apparent as tissues settle.

Healing timelines vary depending on the technique used.

## Aftercare Instructions

You may be advised to:

- Maintain excellent oral hygiene
- Follow dietary recommendations
- Avoid strenuous activity for several weeks
- Avoid pressure on the chin area
- Attend follow-up appointments

Following aftercare instructions supports proper healing.

## Potential Benefits

Genioplasty may:

- Improve facial balance and profile
- Enhance definition of the jawline
- Correct chin asymmetry
- Improve harmony between facial features
- Support overall aesthetic goals

Results vary between individuals.

## Risks and Complications

All surgical procedures carry some degree of risk.

- Possible complications may include:
- Infection
- Bleeding
- Temporary or permanent numbness
- Asymmetry
- Damage to teeth or surrounding structures
- Implant-related complications (if used)
- Need for revision surgery

Your surgeon will discuss risks specific to your treatment.

# Procedure-Specific Considerations

## Choice of Technique

Sliding genioplasty allows repositioning using natural bone, while implants provide augmentation without bone cutting.

## Functional Considerations

Bite relationship and dental health may influence surgical planning.

## Combination Procedures

Genioplasty is often performed alongside jaw contouring or other facial procedures.

## Long-Term Stability

Bone-based procedures are generally stable, but outcomes depend on healing and individual factors.

## When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing swelling or redness
- Fever
- Severe or worsening pain
- Excessive bleeding or discharge
- Difficulty breathing or swallowing

## Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for genioplasty?
- Which technique is recommended for my case?
- What results are realistic for my anatomy?
- What is the expected recovery timeline?
- Will additional procedures be required?

## Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

## Contact Information

If you require further clarification before your consultation or treatment, please contact:

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