

Lip Lift

Pre-Operative and Post-Operative Patient Instructions

Shopping list

- ☐ **Prescriptions**
Submitted to your pharmacy. Your pharmacy should contact you when ready to pick up.
- ☐ **Stool Softener (Miralax or Metamucil)**
Helps with constipation associated with narcotic pain relievers.
- ☐ **Tylenol**
Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS.
- ☐ **Vaseline**
Helps to keep lips moist and hydrated while healing.
- ☐ **Arnica**
Take 3 tablets, 3 times a day starting 3 days before your procedure date

Night Before Surgery

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- **Set up home recovery area.** This may include pillows, blankets, books, television, and anything else for a comfortable recovery.
- **Bathing:** You can shower but do not apply lotion, perfume, hair products, etc.

Day of Surgery

- **Dress Comfortably:** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- **Do NOT wear** any makeup, jewelry, cosmetic creams, hair products, deodorant, sunscreen.
- **Please remove ALL piercings**
- **Movement is important:** Make sure you are up and walking around immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Take deep breaths frequently to keep your lungs clear.

Post-Operative Instructions for Lip Lift

Medications

- **Antibiotic:** Take your antibiotics the night of surgery. Continue to take your antibiotics until finished.
- **Pain:** You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong, you are welcome to take Tylenol in place of the prescribed medication. Do NOT combine the prescribed medication with Tylenol. Often the medication that is prescribed to you will have Tylenol in it and combining it with more Tylenol could cause an overdose. **Do not exceed 4,000 mg of Tylenol in any 24-hour period.** Take medications with food to minimize the risk of nausea.
- **Nausea:** A common side effect after general anesthesia and strong medications. If you are experiencing nausea, we advise that you take your nausea medication.
- **Constipation:** It is quite common to experience constipation when taking narcotic pain medications or after having general anesthesia. MiraLax or other over the counter laxatives are recommended. Also beginning a regimen of Metamucil or other fiber supplement is also advisable. Do not wait until you are constipated.
- **Medications to avoid:** You will find a list of medications to avoid in this packet. In general, you should avoid anything that is known to thin the blood (such as aspirin or NSAIDS) or interact with anesthesia. A full and comprehensive list of medications to avoid prior to surgery is included in this packet. In general, these should be stopped 2-6 weeks prior to surgery, but if you have any specific questions, bring these up ahead of surgery with plenty of time to allow you to come off the medication.
- **Substances to avoid:** Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

Nutrition

- **Diet:** A light, low fat diet is best after surgery. You may start a regular diet the day after surgery if you are not feeling nauseous or vomiting. Start with liquids for the first few hours after surgery and then slowly advance to more solid foods.
- **Hydration:** Stay hydrated by drinking 8-10 glasses of water a day. Avoid alcohol for 48 hours after surgery and do not combine with pain medications.

Activity

- **Movement is important:** Make sure to get out of bed and maintain movement (walking around) immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Take deep breaths frequently to keep your lungs clear.
- **Lip Movement:** Avoid any stretching of the upper lip that could put strain on the incision below the nose or cause incision site opening.
- **Sleep:** Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side or stomach. Keeping your body more upright will minimize swelling. Continue this for one week.
- **Exercise:** Light Physical activity may be resumed 2-3 weeks after surgery. Remember to start easy and build back up to your previous exercise levels. Just know that swelling may transiently be worse with exercise.
- **Driving:** DO NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. If you feel that you would not be able to react quickly should a child jump in front of your car, you should not be driving. You should not drive until you feel well enough to react and move in these situations. Use good judgement.
- **Return to work:** Most patients require approximately 5-7 days off work depending upon their job responsibilities and amount of face-to-face interaction.
- **Sexual intercourse:** Sexual activity can be resumed with no restrictions when you feel ready.
- **Showering:** You may wash your hair and face the next day after your surgery. **Do not cleanse eye area and avoid submerging your face in water.**
- **Swimming:** Do not submerge in a bathtub, swimming pool or other body of water for 3 weeks following your surgery. You may go up to your waist and it is fine to be splashed by water to cool down in the summer heat, but until your incisions have fully healed and sealed, you should not spend time fully submerged under water. Public pools, rivers and lakes should be avoided for at least 6 weeks following surgery

How to Take Care of Your Incisions

- **Eating:** AVOID opening your mouth more than 1 inch wide to prevent incision site separation (opening) for 1 week.
- **Stitches:** the sutures will need to be removed one week after your surgery.
- **Sun Exposure:** Avoid and minimize sun exposure. Use an SPF 30 or greater when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.

What to Expect

- **Swelling and Discoloration:** It is completely normal to experience some swelling and discoloration from bruising around the surgical incision site.
- **Pain and Itching:** It is normal to experience tightness, pressure, soreness, and itchiness around the surgical site.
- **Sensory changes in your skin:** You may feel reduced or heightened sensation in the upper lip and surrounding areas which is normal. You can expect return of normal sensation after a few weeks to months.

Do Nots

- **Do NOT apply hydrogen peroxide to incision sites:** Keep post op dressings in place until follow-up.
- **Do NOT soak in bathtubs, jacuzzies or hot tubs** until incisions have fully healed.
- **Do NOT take aspirin, Ibuprofen, Naproxen, or other blood thinners** until your surgeon advises you that it is safe.
- **Do NOT apply heating pads, or ice packs to the treated areas** unless otherwise instructed by your surgeon.

Emergency Situations

*****When to call the office or go to the emergency room*****

- **Signs of infection:** Spreading redness, worsening swelling, increased drainage, or drainage of pus, worsening pain, warmth at the incision site and temperature above 101.5°F
- **Excessive bleeding:** If the dressings are saturated with bright red blood and you are having to make frequent dressing changes, or you notice sudden expansion in the size of one breast compared to the other.
- **Other emergency situations:** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling of your legs.