



PRE-OPERATIVE INSTRUCTIONS FOR LIP LIFT

DAY OF SURGERY

- **Dress Comfortably:** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.

Pre and Post Chin Implant Instructions

- **DO NOT wear** any makeup, jewelry, cosmetic creams, hair products, deodorant, sunscreen, and remove all piercings.

POST-OPERATIVE INSTRUCTIONS FOR LIP LIFT

NIGHT OF SURGERY

- **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.
- **Sleep:** Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. Continue this for one to two weeks.
- **Talking:** Avoid excessive talking, laughing, and chewing as this will cause more swelling and discomfort.

MEDICATIONS

- **Antibiotic:** Start your antibiotic tablet the night of surgery and take all tablets as prescribed and 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.
- **Constipation:** You may experience constipation if taking narcotic pain relievers. MiraLAX or other over-the-counter laxatives are recommended.

Nutrition

- **Diet:** Eat foods that are soft and require minimal chewing for one week. Do not eat salads, tough meats, or chew gum. Chewing can cause an increase in pain and swelling.

- **Hydration:** Stay hydrated by drinking 8-10 glasses of water a day. Try to use straws when drinking fluids. Avoid alcohol while you are still taking pain medications.

BATHING

- **Showering:** Bathing is okay if you do not get your incisions wet for a minimum of two days after surgery. After two days you may shower, do not scrub directly on your incision.

- **Hot Tubs/Baths/Swimming Pools:** No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

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.

- **Cleaning your incisions:** 24 hours after your surgery may remove bandages and begin wound care. Gently clean the sutures with a Q-tip dipped in 50% hydrogen peroxide and 50% saline water. Then pat dry with clean gauze. Apply a thin layer of the antibiotic ointment (bacitracin/polysporin) twice per day. Sutures that have been kept lubricated with ointment are less painful to remove and allow the incision lines to heal with minimal scarring. Your sutures will be removed five to seven days after surgery. Our staff will give you further wound care instructions. While your sutures are in, if staying indoors, it is optional to reapply a bandage (non-stick gauze held down with medical tape) As soon as you leave your home a bandage should be placed to protect your incision from environmental factors

- **Sun Exposure:** Avoid and minimize sun exposure. Use **Zinc**-based sunblock **once sutures are out** when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.

- **Scar gel:** Everyone has a different healing process, but it takes approximately a year for these changes to occur and the scars to look their best. After your incisions have completely healed and when your doctor has told you it is safe, you can begin to use silicone-based gel on your scars to improve healing. To help minimize the risk of scar formation we recommend using SkinMedica scar gel in conjunction with UV protection.

Makeup: Makeup can be started 12 days (about 1 week 5 days) after surgery along your incisions to camouflage any bruising or redness. If there is bruising that is not on your incisions, it is okay to camouflage that one week after your surgery

WHAT TO EXPECT

- **Swelling and Discoloration:** It is completely normal to experience some swelling and discoloration from bruising around the surgical incision site.

- **Mild Bleeding:** Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you try to do strenuous activity, increase your blood pressure by straining on

the toilet, sneezing, heavy lifting or bending forward you will aggravate the bleeding and swelling.

- **Pain and Itching:** It is normal to experience tightness, pressure, mild to moderate pain, itchiness, and soreness around the surgical site.

- **Sensory Changes in Skin:** You may feel reduced or heightened sensation in the upper lip and surrounding area which is normal. You can expect a return of normal sensation after a few weeks to months.

ACTIVITY

- **Lip Movement:** Avoid any stretching of the upper lip that could put strain on the incision below the nose or cause incision site opening.

- **Physical Activity:** It is important to get up and move around but no bending, lifting, or straining of any kind. If you have little children, bend at the knees, or sit on the floor and let them climb onto your lap. Three weeks following surgery you may resume full activity without restrictions.

- **Exercise:** Light physical activity may be resumed 2-3 weeks after surgery. Remember to start easily 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 narcotic pain medications for 24 hours. Use good judgment.

- **Return to work:** Most patients require approximately 5-7 days off work depending on their job responsibilities and amount of face-to-face interaction.

- **Cold Compress:** Use cool/moist compresses or ice wrapped in a small towel for 24-48 hours to reduce swelling. You may apply a compress for 20 minutes at a time and take a break every so often. No Direct Ice!

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL

- **Signs of Infection:** Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, warmth at incision site and temperature over 101°F.

- **Excessive Bleeding:** If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.

- **Other Emergency Situations:** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

Utah Facial Plastics – (801) 776-2220

Our office number connects to our 24-hour answering service after hours.

APPOINTMENT TYPE	DATE / TIME	LOCATION	STAFF/PROVIDER
Surgery Time TBD day before			
Post-Op Day 5-7 Suture Removal			
2 Week Follow Up			