



## PRE-OPERATIVE INSTRUCTIONS FOR LIP LIFT

### 3-4 WEEKS BEFORE SURGERY

- **Smoking:** Tobacco, cigarettes, and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. You must discontinue these products more than 4 weeks prior to surgery. Otherwise, the surgery will be cancelled.

### 2 WEEKS BEFORE SURGERY

- **Diet/Supplement Restrictions:** Avoid foods, drinks and herbal supplements that can increase the risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over-the-counter pain medications.
- **Vitamin C:** Begin taking 1000 – 3000mg per day as tolerated 2 weeks. Vitamin C aids in wound healing.
- **Post surgery:** If your destination after surgery is over 60 minutes from the office, you must stay locally.

### 1 WEEK BEFORE SURGERY

- **Review Instructions with Caregiver:** Confirm who will be driving you to and from surgery and stay with you for at least 24 hours after surgery. Caregivers must be over 18 years of age.
- **Alcohol:** Do not drink alcohol 1 week before and after surgery. Alcohol consumption may raise the blood pressure and initiate bleeding

### NIGHT BEFORE SURGERY

- **Arrival time:** Our office will call the day before surgery with the arrival time. If you do not receive a call or for further questions, call the appropriate number below:
  - Utah Facial Plastics: (801)-776-2220
- **Shower:** The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria. Arrive on the day of the procedure with a clean face.
- **Set Up Home Recovery Area:** This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery. Make sure commonly used items are moved to this area where they are easily accessible and within reach.

### DAY OF SURGERY

- **Diet:** Eat and drink as normal, do **NOT** have any caffeine.
- **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, moisturizers, jewelry, cosmetic creams, hair products, sunscreen, remove all piercings and jewelry.
- **Contact lenses:** Do not wear contact lenses. Remember to bring your glasses to sign the necessary paperwork.

## POST-OPERATIVE INSTRUCTIONS FOR LIP LIFT

### AFTER SURGERY

- **Talking:** Avoid excessive talking, laughing, and chewing as this will cause more swelling and discomfort.

- **Head Elevation:** Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows) to minimize swelling. Do not sleep on your side. Placing a pillow under your knees may help you from turning in your sleep. Continue this for 1 week depending on swelling.

## MEDICATIONS

- **Antibiotic:** Start your antibiotic tablet 1 hour before surgery and take all tablets as prescribed after surgery until finished.
- **Steroid:** The first dose will begin the morning after surgery. Continue as instructed on the packages, tapering down over 6 days
- **Pain Medication:** You will be prescribed pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcome to take Extra-strength Tylenol in place of the prescribed medication. Do not take Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. **Do not exceed 3,000 mg of Tylenol in a 24-hour period.** Take medication with food to minimize the risk of nausea.
- **Constipation:** Pain medications may lead to constipation. Any over the counter stool softener such as Metamucil or Colace can be used. Start laxatives with the narcotic pain medications to prevent constipation from occurring.
- **Nausea:** Some pain medication may make you feel nausea. It is best to eat something small 20 minutes before taking pain medication. Keep hydrated with small sips of non-caffeinated beverages (ginger ale, Sprite, Gatorade).
- **Medication to Avoid:** Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, etc.) for two weeks before and after surgery. These medications may increase bleeding.
- **Substances to Avoid:** Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

## 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. AVOID opening your mouth more than 1 inch wide to prevent incision site separation (opening) for 1 week.
- **Hydration:** Stay hydrated by drinking 8-10 glasses of water a day. Try to use straws when drinking fluids.

## BATHING

- **Showering:** Bathing is okay if you do not get your incisions wet for at least 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

- **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% 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 5-7 days after surgery.
- **Sun Exposure:** Avoid and minimize sun exposure. Use SPF 30 or greater when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.

- **Scar Management:** After the sutures are removed or dissolved, we recommend using SkinMedica Scar Recovery Gel (available in-office to purchase) or a Vit. E oil over your healed incisions to help minimize the appearance of scars
- **Makeup:** Makeup can be started 12 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:** Swelling and bruising of the surrounding tissues can be expected. Swelling and bruising may worsen on the second and third day after surgery. It is not unusual for one side of the face to be more swollen than the other. This is temporary and will improve over the next few weeks.
- **Bleeding:** Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you try to do strenuous activity, sneezing, heavy lifting or bending forward, aggravated bleeding and swelling may occur.
- **Itching:** Itching at the incision sites is normal for a few days or weeks as you recover. You may take Benadryl to help with this.
- **Pain:** It is normal to experience tightness, sharp shooting pain, pressure, soreness, and fatigue for several days to weeks following surgery as you recover.
- **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:** Avoid bending, lifting, straining and aerobic activities for 2-3 weeks or until you have been cleared by your surgeon.
- **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 After Hours Answering Service – 801-299-7660

<b>APPOINTMENT TYPE</b>	<b>DATE / TIME</b>	<b>LOCATION</b>	<b>STAFF/PROVIDER</b>
Surgery			
Post-Op Day 7 Suture Removal			
2 Week Follow-up			