

Lip Lift Post Op Instructions

ITEMS YOU WILL NEED: Q-TIPS, HYDROGEN PEROXIDE, ANTIBIOTIC OINTMENT (e.g BACITRACIN OR POLYSPORIN)

Activities:

- Apply ice packs or frozen peas in a plastic bag 20 minute on, 20 minutes off for the first 3 days.
- Keep head elevated for the next week.
- Using a Q-Tip, clean incision site with hydrogen peroxide, followed by antibiotic ointment two - three times daily.
- Avoid wide and quick movements of the mouth
- OK to brush teeth gently or use non-alcohol based mouthwash
- Avoid excessive movement of the upper lip for 2 weeks following the procedure.

Diet

- You may eat soft diet for the first week following surgery. Avoid opening your mouth widely for 2 weeks.
- Drink plenty of clear fluids during your recovery.

Medication

- Take prescribed pain medication every four hours as needed. If you take the pain medication, take stool softener (e.g. Miralax, Dulcolax, etc.) as you may become constipated
- If you have minimal pain, you may take Extra Strength Tylenol.
- Take the antibiotic prescribed for the full course (5 days)
- Avoid NSAIDs (e.g. Ibuprofen, Advil/Motrin, Aleve) and Aspirin products until cleared by Dr. Hahn

Other Information

- Your lips and jaw will become more swollen – this will subside over the next week.
- The final results from your lip procedure will take 4-6 weeks
- You can expect swelling, bruising, and tightness of the bandage, however, if there is excessive bruising and pain, sudden swelling, high fevers (>101.5) call the office immediately.
- You may contact Dr. Hahn at samhahn@mdfacialplasticsurgery.com