



## LIP LIFT POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

Lip Lift surgery is typically performed under local anesthesia with or without mild sedation. **If you are having IV sedation, you cannot drive for the first 24 hours after surgery and you will need someone stay with you for the first 24 hours.**

**If you are having IV sedation, you CANNOT have anything to eat or drink after midnight prior to surgery. The morning of surgery, you may take your usual daily medications with a sip of water, unless directed otherwise. Be prepared with hydrogen peroxide and Polysporin ointment.**

Please wear clothing that buttons or zips up to your surgery. Avoid slipover shirts and turtlenecks.

**For the first 48 hours after surgery**, sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 to 3 pillows.

Use ice compresses regularly (20 minutes on, 20 minutes off while awake).

For pain and/or discomfort, take Tylenol 500-1000mg every 4 hours as needed (to a maximum of 4000 mg per day).

You may bathe or shower in **24 hours**. Gently wash the incisions with hydrogen peroxide and pat to dry. Ensure the sutures are thoroughly dry before applying ointment (**apply Polysporin ointment 3-4 times/day**).

Your mouth and throat may be dry due to mouth breathing. Use Vaseline on your lips and take regular sips of fluids throughout the day. Use a humidifier particularly at night. Try to cough or sneeze with your mouth open.

**Do not** stretch or pull the incision to examine it.

**Do not** blow nose for 2 weeks; wipe or dab gently with Kleenex if needed.

**Do not** lift (greater than 10 pounds), exercise, swim or fly for **2 weeks** following your procedure.

**Do not** be concerned if you experience some facial swelling under your eyes, cheeks, and nose. This is common and usually clears within 2 weeks.

**CONTINUED ON REVERSE**



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You will be booked for a follow up appointment to have your sutures removed.

**Contact your physician immediately if you develop any of the following:**

- Excessive swelling, bleeding, or severe pain, uncontrolled by pain medication.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital or received medical care within 10 days of having your procedure.

**\*You will be given an emergency contact number upon discharge\***