



# THE NADERI CENTER

## COSMETIC SURGERY SPECIALISTS

### Pre-Operative Instructions for Lip Lift

#### 3-4 WEEKS BEFORE SURGERY

- *Work and Recovery Arrangements.* Make any arrangements to be off from work or other strenuous activities while you are recovering from the procedure. Have extra help available, particularly if caring for small children.
- *Smoking.* Tobacco, cigarettes and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise to discontinuing these products more than 4 weeks prior to procedure.

#### 2 WEEKS BEFORE SURGERY

- *Surgery Preop Appointment.* You will come in for your preop appointment where you will review the surgery plan with your surgeon and go over logistical surgery details with your patient coordinator. Bring your questions as well as any individuals that will be part of your support and healing
- *DIET/SUPPLEMENT RESTRICTIONS.* Avoid foods, drinks and herbal supplements that can increase 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.
- *Fill Prescriptions.* These may include antibiotics and/or pain medication for after surgery. Make sure you understand how and when to take all medications. We suggest keeping a note pad to keep track of the medications you have taken.
- *Watch the PREOP AND POST OP VIDEOS on our website:*  
[www.nadericenter.com](http://www.nadericenter.com)

#### 1 WEEK BEFORE SURGERY

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from the office and who will stay with you for at least 24 hours after surgery.
- *Arnica.* If provided, start your Arnica tablets two days before surgery. One in the AM and one in the PM and continue until the bottle is finished.
- *Cold Sores.* Patients with a history of getting cold sores will take an anti-viral medication starting 72 hours prior to procedure and continue until completely gone. The anti-viral medication will help prevent a cold sore breakout.

## NIGHT BEFORE SURGERY

- *Set Up Home Recovery Area.* This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.
- *Bathing.* You can shower the night before.
- *Relax.* Stay calm and get plenty of rest to avoid unnecessary stress.

## DAY OF SURGERY

- *Dress Comfortably.* Do not wear nice clothing. Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- *Premedication.* Take 2 Valium about an hour before you arrive at the office and bring the remaining tablets with you to the office along with your pain medication.
- *Arrival to Office.* Someone will need to drive you to and from the office (you cannot take a taxi cab or Uber).

## Post-Operative Instructions for Lip Lift

## NIGHT OF SURGERY

- *Movement is Important.* Make sure to get out of bed and be 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.
- *Talking.* Avoid excessive talking, laughing, and chewing as this will cause more swelling and discomfort.
- *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.

## MEDICATIONS

- *Pain.* You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcomed to take Tylenol in place of the prescribed medication. Do not take the Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. **Do not exceed 4,000 mg of Tylenol in any 24-hour time period.** Take medication with food to minimize risk of nausea.
- *Nausea.* If you are experiencing nausea, which is a common side effect of some stronger pain medications, we advise that you take your pain medication with

food. We can also prescribe an anti-nausea medication for you if you call the office.

- *Antibiotic.* Make sure to continue taking your antibiotic medication until completely finished.
- *Constipation.* You will experience constipation if taking narcotic pain relievers. Miralax or other over the counter laxatives are recommended. Do not wait to take until you are constipated. Begin treatment with narcotic use.
- *Medications to Avoid.* Take only those medications approved or prescribed by your surgeon. Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, others) for two weeks before and after surgery. These medications may increase bleeding.

## **NUTRITION**

- *Diet.* Eat foods that are soft and require minimal chewing for 3-4 days. Do not eat salads, tough meats, or chew gum. No hot or salty foods or fluids for 48 hours. Avoid any foods that require you to open your mouth wider than 1 inch and use small utensils while eating.
- *Hydration.* Stay hydrated by drinking 8-10 glasses of water a day. Avoid alcohol while you are still having to take pain medications.

## **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, walk around, and not remain on complete bed rest while your body recovers. Normal daily activity may be resumed a few days after surgery. No bending over, straining, or lifting more than 5lbs for the first week after surgery.
- *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 narcotic pain medications for 24 hours. Use good judgment.
- *Return to work.* Most patients require approximately 5-7days off work depending on their job responsibilities and amount of face-to-face interaction.
- *Sexual Intercourse.* Sexual activity can be resumed when you feel ready with no restrictions and incisions have adequately healed.

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

## 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.
- *Bactroban Ointment Application.* Keep incisions covered with antibiotic ointment for the first 2 weeks following surgery.
- *Crusting.* In the event of food build up or crusting, clean incisions at corner of mouth with a wet Q-tip that is dipped in diluted hydrogen peroxide ( $\frac{1}{4}$  hydrogen peroxide,  $\frac{3}{4}$  water). Then reapply antibiotic ointment.
- *Scarring.* Avoid sun exposure to the incision area during the healing process. After healing, continue to use sunscreen on the scar when exposed to sunlight in order to prevent darkening of the area.

## WHAT TO EXPECT

- *Drainage.* Drainage can occur from the incision sites for the first week. The drainage will be blood-tinged.
- *Bruising.* You can expect to have bruising. Most bruises will heal after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.
- *Swelling.* Swelling is to be expected for a few weeks or more. The swelling can improve with intermittent rest and compression garments. Exercise and physical activity can transiently worsen swelling but is encouraged.
- *Itching.* Itching at the incision sites is normal for the first few weeks. You may take Benadryl to help with this.
- *Pain.* It is normal to experience tightness, 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. This is normal. You can expect return of normal sensation after a few weeks to months.

## EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE (703) 481-0002 OR GO TO THE HOSPITAL

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain and warmth at incision site. Temperature over 101 degrees Fahrenheit.

- *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.

## SHOPPING LIST

1. Prescriptions. Fill prescriptions prior to your surgery date
2. Tylenol (Acetaminophen). Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS.
3. Arnica. An herbal supplement that can reduce swelling and bruising. Provided to you by The Naderi Center
4. Laxative. Used to reduce constipation that may be caused by anesthesia or narcotic pain medications.
5. Hydrogen Peroxide and Q-tips. For light cleaning of the incisions.
6. Vaseline, Carmex, or similar product. Helps to keep lips moist and hydrated while healing.