



## Lip Lift - Patient Instructions

Pre-Operative and Post-Operative Care | Outpatient Surgical Facility

### PREPARATION BEFORE SURGERY

- Pick up and confirm you have all prescriptions before surgery.
- Purchase MiraLAX (stool softener), Tylenol (for pain), and cold compress supplies.
- Get Arnica tablets. If provided, take as directed starting after surgery.
- Nothing to eat or drink after midnight before surgery - if undergoing general anesthesia.
- Prepare a comfortable recovery area at home.
- Strictly follow and adhere to the “**Naderi Antibleeding Anti Bruising diet.**” See separate list.
- **For men with facial hair please fully shave 48 before** but not the day before
  - We need to see the pattern of facial hair but no actual beard
- Avoid blood thinners and NSAIDs like aspirin, ibuprofen, naproxen, as well as nicotine, alcohol, and excessive caffeine.
- **START YOUR ANTIVIRAL medications 72 hours before your procedure**

### DAY OF SURGERY

- Shower well. Shampoo hair and use antibacterial soap on face and body.
- Wear loose, cool, comfortable clothing. Button-up or zip-up shirts are preferred.
- Do not wear makeup, lotion, skin products, sun block, deodorant, or hair products
- Remove jewelry, piercings, contact lenses,
  - Remove hair extensions, weaves, braids and lash extensions (if possible) as they can harbor bacteria
- You will need an adult friend or relative to drive you home.

### FIRST WEEK AFTER SURGERY

- Sleep on your back with your upper body elevated 45 degrees. (Recliner or wedge pillow or multiple pillows)
- Apply small, light-weight cool compresses gently for 15–20 minutes every hour while awake for the first 3 days.
- Get up slowly and walk slowly but regularly with assistance to promote circulation.
- Avoid bending, straining, or lifting.
- You may feel weak and dehydrated so be careful of falling. Stay hydrated.
- You may shower 24 hours after surgery but be careful of falling.
  - Use gentle pressure and lukewarm water. Do not rub incisions.
- **Do not pull down on lips.** Do not place tension on mouth/lips. Use small toothbrush and small utensils.
- **DO NOT PULL YOUR LIPS TO “LOOK AT YOUR INCISION” for 3 months! You will worsen your scar!**

### MEDICATIONS

- Take antibiotics as prescribed until finished. Notify us if you have any reactions.
- Use prescribed pain medication or Tylenol (if pain is mild).
- Do not exceed 4,000 mg of Tylenol in 24 hours.
- Begin stool softener when taking narcotic pain medication. Do not force or strain during bowel movement.
- Take your Medrol steroid dose pack as instructed.



## INCISION CARE

- Clean incisions with Q-tip dipped in diluted Hydrogen Peroxide gently 3-4 times a day. “Roll the Q-tip.” Don’t scrub.
  - Mix half peroxide with half water in the cap then discard excess.
- Apply prescribed ointment as directed 3-4 times a day very gently. If you run out, use Vaseline ointment.
- Use HOCL (Hypochlorous Acid) spray on incisions 3 times a day as an antiseptic
- Do not pick or pull at incisions.
- Sutures are typically removed 5-7 days after surgery.
- Protect skin and incisions from sun exposure. Use a large hat.
- Be gentle. Incisions can open in the first 3 weeks if handled roughly.
  - Avoid tight neck shirts such as Turtle necks.
- For men: No shaving for 3 weeks. After that use a manual razor carefully. DO NOT pull down or place tension on lips
- Start using scar gel starting 2 weeks after surgery daily for 6 months. DO NOT PULL ON LIP when applying gel.
- **DO NOT PULL OR STRETCH YOUR LIPS TO “LOOK AT YOUR INCISION” for 3 months! You will worsen the scar!**

## ACTIVITY AND RECOVERY

- Avoid lifting over 20 pounds for 2 weeks.
- Most patients return to work in 1 week.
- Avoid strenuous exercise for 3–4 weeks.
- Do not drive while taking narcotic pain medication.

## NORMAL SYMPTOMS

- Swelling and bruising.
- Mild bleeding.
- Tightness, numbness, or mild itching.
- Mild lip and smile asymmetries. Noticeable incision.
- The upper lip will be very swollen and the incision is very noticeable in the beginning. Be patient.
  - Healing takes time!

## NOTIFY YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE:

- Fever greater than 101°F.
- Severe or worsening swelling.
- Excessive bleeding.
- Rash or severe itching or blisters.
- Call 911 if you experience shortness of breath or chest pain.