



POST-OP INSTRUCTIONS- LIP LIFT

After Surgery:

Apply ice packs to the area for up to 48-72 hours (on 20 minutes, off 20 minutes). You may substitute bags of frozen peas for ice if this is easier.

Sleep with your head elevated approximately 35 degrees until the swelling resolves (usually 5-7 days). If swelling persists after this, you may continue elevating the head as much as necessary.

Cleaning the incisions gently by patting them with a Q-tip soaked in peroxide, then apply antibiotic ointment to keep the incisions. You will need to do this at least 3-4 times a day. The cleaning should be used approximately one week or until there is no more crusting. Apply antibiotic ointment for one week.

Swelling of your upper lip may persist for five days to two weeks.

Numbness in and around the area is expected and will get better over the course of weeks to months. Tightness, electrical shocks, and itchiness signify the nerves are returning to normal function. Scar gel (Silicone) is to be used after suture removal on the incision to improve healing.

Sutures are removed at your first post- op visit. At this time, scar silicone gel may need to be purchased.

Avoid and minimize sun exposure. Use an SPF 30 or greater when outdoors.

Cleaning your incisions: In the event of crusting around incision site, clean incisions with a q tip that is dipped in hydrogen peroxide. Then reapply antibiotic ointment.

Eating soft food that requires minimal chewing for one week. Avoid opening your mouth too wide to prevent incision site separation.

Lip Movement: avoid any stretching of the upper lip that could put strain on the incision below the nose or cause incision site opening. No wide mouth movements, excessive laughing, and talking for one week.

Physical Activity: avoid heavy lifting, exercise, straining for at least two weeks after surgery.

It is normal to experience tightness, pressure, mild to moderate pain, itchiness, and soreness around the surgical site.