



## **POST-OPERATIVE INSTRUCTIONS – LIP LIFT**

**Patient Name:** \_\_\_\_\_ **Date of Post Op:** \_\_\_\_\_

### **Medications:**

Be sure to take all antibiotics as directed until you finish the prescription. Take your pain medicine as needed for discomfort. Do not take any pain medicine on an empty stomach and avoid the use of Tylenol while taking your narcotics. Do not take any other anti-inflammatory medications (e.g.: Aspirin, Advil, Ibuprofen) unless otherwise directed by your doctor. Avoid Vitamin E, Herbal meds or teas, Fish Oil & Alcohol. An over-the-counter stool softener (Colace or Miralax) is recommended if you are taking prescription narcotic pain medication since they may cause constipation.

### **Dressing – Shower – Bath:**

You may shower 2 days after surgery. Do not let water hit directly on your face; instead, direct the water on the top of your head and let it run gently down over your face. Pat dry. No tub baths until wounds are completely healed.

### **Diet:**

You will commence with a clear liquid diet, and then progress to your regular diet if you experience no nausea.

### **Activity – Exercising:**

Slow walking is allowed anytime. Brisk walking may be resumed in 3 weeks after surgery. No strenuous exercise (aerobics, jogging) is allowed 4 to 6 weeks after surgery. No heavy lifting (greater than 5 lbs) is permitted for 4 weeks after surgery. Do NOT drive a car for 7-10 days or until completely off narcotic pain medication.

### **Sutures:**

Sutures will be removed from the lips 5 to 6 days after surgery. Make up may be worn after sutures are removed AND all scabs are gone. Watch for symptoms of **Cellulitis** (warm, red, tender skin to the touch).

### **Post-Op Care:**

Use cool compresses to minimize bruising but avoid using ice directly to the skin. Sleep with your head elevated approximately 45 degrees above your heart for the first 2 weeks after surgery by using 2-3 pillows to prop your head. This will help to minimize the bruising and swelling. You may also find it more comfortable to sleep in a recliner for the first 2-3 weeks. Do NOT drive a car for 7-10 days or until completely off narcotic pain medication. **NO TRAVEL FOR 2 WEEKS POSTOPERATIVELY!!! Make plans accordingly.**

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE  
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