



## LIP AUGMENTATION INSTRUCTIONS PRE AND POST OPERATIVE

- Please have your prescriptions filled prior to surgery.
- Start taking Valtrex (Antiviral) 500mg two times a day, starting one day prior to surgery.
- DO NOT take aspirin or ibuprofen products (i.e. Bufferin, Anacin, Advil, Motrin, Anacin-free, Excedrin) 2 week prior or 2 weeks post surgery. Tylenol (acetaminophen) is okay. Limit Vitamin E to less than 400 mg per day.
- Cleanse face prior to surgery (WEAR NO MAKE-UP TO THE OFFICE THE DAY OF SURGERY).
- DO NOT SMOKE! Stop Smoking two weeks prior to your surgical procedure. Smoking can cause poor wound healing and may result in bad scarring. We recommend smokers take 2 grams of Vitamin C per day for two weeks before and after surgery.

## SUPPLIES FOR LIP AUGMENTATION

- Prescriptions – pain medication, antibiotics, anti-viral.
- Small tube of bacitracin or Neosporin ointment.
- Q-Tips
- Small bottle of Hydrogen Peroxide

- Crushed ice and small Ziploc bags to make cool packs
- Vaseline, Carmex or Chap stick to keep lips moist
- Small child's toothbrush.

## GENERAL INSTRUCTIONS POST PROCEDURE INSTRUCTIONS

- Rest quietly the rest of your surgery day. The next day you can perform routine activities. No exercise for 12 weeks.
- Sleep on your back with head elevated using 3-4 pillows for at least 7 days to minimize swelling.
- No bending over, lifting or straining for 3-4 days.
- Eat foods that are soft and require minimal chewing. No hot or salty foods or fluids for 48 hours.
- NO SMOKING for at least two weeks after surgery. Smoking will inhibit your healing process.
- Avoid opening the mouth wide to prevent incision site separation (opening)
- Brush your teeth and rinse your mouth after meals.
- Clean incisions at corner of mouth with diluted hydrogen peroxide (1/2 hydrogen peroxide, ½ water) then apply antibiotics ointment (Neosporin, polysporin) 3 times per day.
- Use cool compresses for 24-48 hours to reduce swelling. NO DIRECT ICE.
- Keep lips moisturized for 2-3 week with Vaseline, carmex or chap stick.
- For pain relief, take prescribed tablets every 3-4 hours as necessary. Do not exceed more than 8 per day.
- Do not make any legal decisions while under the influence of an anesthetic or medication that may cause drowsiness.

- Please contact the office if pain cannot be controlled with prescribed medications
- No drinking of alcohol, driving or operating machinery, while on pain medications
- Pain Medication can cause constipation, to prevent any constipation drink plenty of water. You can also take Stool Softeners such as Colace or Senekot, which can be purchased over the pharmacy counter.

### 1 WEEK POST SURGERY

- You will be instructed on proper techniques to keep lip implant pocket open.
- Verify that the implant remains centered by pinching the tapered ends of implants with thumb and index fingers of each hand. Minor adjustment need to be made by slightly pushing one end of implant at a time if implants are not centered.
- Implant positioning will need to be checked several times a day for eight weeks. (check implants in the morning, after eating, excessive movement, and at bedtime.)

### 2 WEEK POST SURGERY

- Stretching exercises should be performed 2-3 times a day for 2-3 months to help alleviate excessive scar tissue formation.
- Stretching exercises are to be started (sutures must be gone, incision healed)
- Examples of stretching will include:
- Opening mouth widely, excessive smiling (pulling lips tightly against teeth.)
- If you have any questions or concerns please feel free to contact our office at (602) 653-0540.