

GUELPH | FACIAL PLASTICS

- Lip Lift Post-Operative Discharge Instructions -

WOUND CARE

- Your wound is at the base of your nose and you could have additional wounds on the boarder of your upper lip
- **Clean any scabbing off the wound twice a day with a 50:50 mix of water and peroxide on a Q-tip**
- **After cleaning the sutures, apply Vaseline, Aquaphor, or Polysporin.** Keeping the incision greasy will help your skin to heal and minimize scarring
- Sutures will be removed at your one week follow up appointment
- There are white sutures that will dissolve inside your nostrils. These require no care
- Expect swelling and bruises to form in your upper lip
- Please contact Nurse Jocelyn if you have any questions about wound care

FOR YOUR COMFORT

- Use ice for your comfort and to help with swelling and bruising. **Ice 20 minutes every hour while awake for the first 3 days**
- Keeping your head elevated and propped up on an extra pillow while sleeping or resting will also help with swelling
- Switch from the prescribed pain medication to regular Tylenol or Advil as soon as you are able to, this will prevent nausea

AFTER YOUR SURGERY

- Some bleeding is expected from the incision. Keep your head elevated, apply ice packs gently, and avoid strenuous activity to minimize bleeding
- If you had general anesthetic, nausea is common. Use Gravol as needed. The steroid prescription can also help with nausea
- Expect your upper lip function to feel weak for up to 3 months as the lip muscles recover
- **!!Do not force lip movement or intentionally pull your lip down, doing this will put unnecessary tension on your incision and will impact your scar!!**

MEDICATIONS

- Take your antibiotic as directed until the prescription is finished
- Use Tylenol (acetaminophen) 650mg every 4 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. **YOU MAY USE BOTH AT THE SAME TIME**
- To minimize nausea and vomiting, use your prescribed pain medicine only if Tylenol/Advil is not sufficient to treat your pain
- Do not use Aspirin for 2 weeks after surgery

SHOWERING

- You may shower the day after surgery
- Do not submerge your wound under water this includes baths, lakes, and pools

NUTRITION

- Light meals are suggested the day of your surgery when you return home
- You may resume a normal diet as soon as you feel ready. Most patients prefer a soft diet the first week of recovery

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ACTIVITY

- Medications you were given during your surgery will be acting in your body for 24-48 hours. Do not drive, operate machinery, drink alcohol, or make important decisions in the 2 days following surgery. Someone must stay with you overnight – General anesthetic only
- **AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR for 14 days after surgery**
- **DO NOT STRETCH YOUR UPPER LIP OR FORCE ANY MOUTH MOVEMENTS FOR 6 WEEKS**
- You may return to work as early as 7 days after surgery if you feel up to it

PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone if you have any of the following or any concern of an urgent nature:

- You have a mass of swelling that's growing rapidly, this could indicate bleeding under the skin
- You have heavy bleeding that does not stop
- You develop a progressive headache WITH fever, vomiting and neck stiffness
- You have difficulty breathing or chest pain
- You have an ongoing fever above 38.5C (101.3F)
- You have nausea and vomiting lasting more than 2 days

Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status.