



Dr. Frank Stile, MD, FACS  
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## **Lip Lift: Follow up appointment schedule and general care instructions**

Follow up appointments: 1 week, 1 month, 3 months

### **Day 1- 6**

Head and leg elevation while in bed or resting for the first 24 hours  
Antibiotic ointment to incisions every 8 hours  
Walk every 2-3 hours for the first 24 hours  
Take medications as directed  
Soft Diet

\*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort

### **1 week**

First Post op visit  
Wound check & suture removal  
May resume wearing make up  
May resume light exercise at week 3

### **1 month**

Second post op visit  
Wound check  
May resume full exercise —advance activity as tolerated  
Begin silicone gel

### **3 months**

Third post op visit- Photos Taken  
Incision Check  
Schedule CO2 laser if indicated