**Lip Lift InstructionS**

**Getting ready for your procedure**

* If possible, avoid medications and supplements that may thin your blood. This includes aspirin, ibuprofen, naproxen, Vitamin E, and fish oil.
* Do not smoke for two weeks prior to and two weeks after surgery. Nicotine and tobacco smoke delay healing and can result in scarring or infection.
* If anesthesia is used, arrange to have someone drive you home from surgery and stay with you for at least 24 hours after the procedure.

**Shopping List**

1. Vaseline or Aquaphor ointment
2. Tylenol (acetaminophen) for pain

**The Day before Surgery**

* Do not have anything to eat or drink (even water) after midnight the night before your surgery.
* Make sure to get good rest the night before surgery.

**The Day of Surgery**

* Do not eat or drink anything, including water, the morning of surgery. Essential medications may be taken with a sip of water only by the doctor’s order.
* Wear comfortable, loose-fitting clothes that button or zip. Avoid slipover clothing.
* Leave your valuables at home; do not wear jewelry or piercings.
* Avoid all make-up, hairspray, and nail polish.
* Do not wear contacts, ok to wear glasses if needed.

**Post-Operative Care**

* Do NOT drink anything hot until sensation returns to the lips.
* Apply a thin layer of Aquaphor or Vasoline ointment three times daily for the first week.
* You may apply an ice bag covered with a clean towel or washcloth.
* Keep incisions out of the shower for the first 48 hours. You may wash the rest of your face with a washcloth.
* You will follow up in the office 1 week after surgery. At that time your stiches will be removed.
* Avoid any food that requires tall bites (Big Mac) for the first week.
* Brush your teeth gently.
* Sunscreen should be applied to the external scars starting 2-3 weeks after surgery. It is important to protect your scars for up to a year to prevent discoloration from the sun.

Please call our office at **any** time with questions or concerns you may have, even if it is after hours. You may call our main line at 402.739.8144 and you will be directed to the on-call nurse. In case of emergency, call 911 or go to an ER.