Lip Lift – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for lip lift surgery. For complete instructions—including specific timelines, medication details, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

### **What to Expect**

Lip lift surgery is performed under general anesthesia for most patients and is done on an outpatient basis. The procedure improves upper lip aesthetics by shortening the space between the nose and lip. Swelling, bruising, and temporary sensory changes are normal during the recovery period.

### **Key Pre-Operative Guidelines (Summary)**

**Fasting:** No food or drink (including water, mints, or gum) for 8 hours prior to surgery.  
 **Transportation:** A responsible adult must drive you home and remain with you overnight. Rideshare services are not permitted.  
 **Medications:** Discontinue aspirin, NSAIDs, anticoagulants, and herbal supplements (e.g., vitamin E, fish oil, garlic) as directed (typically 2–3 weeks prior).  
 **Lifestyle Adjustments:** Cease smoking (including e-cigarettes) 4 weeks before surgery and limit alcohol intake for at least 2 weeks.

**Day of Surgery:**

* Shower the morning of surgery using soap only.
* Avoid lotions, perfumes, deodorant, or makeup.
* Remove jewelry and valuables.
* Wear loose, front-opening clothing that doesn’t require being pulled over your head.

**Suggested Supplies:**

* Tylenol (acetaminophen)
* Q-tips
* Cold compresses
* Sunscreen (for incision protection post-healing)

### **Key Post-Operative Guidelines (Summary)**

**Pain Management:** Use Tylenol as directed. Narcotic pain medication and anti-nausea medication (Zofran) may be prescribed.  
 **Antibiotics:** Complete the full course, even if symptoms improve.  
 **Mobility:** Begin gentle walking the day after surgery to promote circulation.  
 **Sleep Position:** Sleep on your back with your head elevated using 2–3 pillows for 1–2 weeks.

**Incision Care:**

* Gently clean around the incision with a Q-tip and water if needed.
* Avoid direct sun exposure on healing skin.
* Apply sunscreen once approved by your surgeon.
* **Showering:** You may shower the day after surgery, avoiding direct water pressure on the incision.
* **Swimming & Baths:** Avoid submerging in water (tubs, pools, hot tubs) until incisions are fully healed—typically 2 weeks. Wait one month for hot tubs.

### **Recovery Expectations**

**Drainage:** Some blood-tinged drainage is normal during the first week.  
 **Swelling & Bruising:** Common around the lip and nose; typically resolves within 2–3 weeks.  
 **Sensory Changes:** Temporary numbness or heightened sensitivity may occur and generally resolve over weeks to months.  
 **Healing Timeline:**

* 1 Week: Swelling begins to subside
* 2–3 Weeks: Most bruising fades
* 3–6 Months: Final results and full healing typically achieved

### **Follow-Up and Support**

**Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.

**Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.

**Ongoing Communication:**

* + For non-urgent questions, please email clinicalrn@drshimching.com.
  + For urgent matters, contact the office directly from 9am – 5pm at (808) 585-8855.
  + For urgent matters that occur after hours, please use the physician exchange at (808) 524-2575.

**Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

### **Download Complete Instructions**

For full details on incision care, pain management, sun protection, and healing milestones, please download the document below:

**[Download Lip Lift Pre & Post-Operative Instructions (PDF)]**