

Lip Lift

Pre & Post Operative Instructions

Your Surgery: Please check the appropriate box

☐ General Anesthesia Case:

General Anesthesia: This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.

- Instructions: Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
- Post-Surgery Transportation: It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - Why?: After surgery, especially with general anesthesia, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

OR

☐ Local Anesthesia Case: (please also select either option A or B)

- **Option A: Local Anesthesia Only:** This option involves the use of medications like Lidocaine to numb the specific area of your body where the surgery will be performed. You remain fully awake and alert during the procedure, feeling no pain in the treated area. This method is ideal for patients who prefer the simplest form of anesthesia, allowing for a quicker recovery time and minimal postoperative side effects.
 - You do not need to fast, and may eat & drink whenever you choose.
 - You may drive yourself home & do not require a caregiver after surgery.
- **Option B: Local Anesthesia with Sedation:** This option combines local anesthesia with oral & IV sedative medications to help you relax during the procedure. While you will be awake, the local anesthetic ensures you do not feel

pain at the surgery site, and the sedatives help create a more comfortable and less anxious experience. This method is often chosen by patients who may feel nervous about the surgery but prefer not to undergo general anesthesia.

- **Instructions:** Nothing to eat or drink for 3 hours before surgery. This includes water, mints, candy, or gum.
- **Post-Surgery Transportation:** It is essential to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - **Why?:** After surgery, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period.

Shopping List

- ☐ Tylenol (Acetaminophen): Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS (such as Ibuprofen & others).
- ☐ Q-tips

Pre-Operative Instructions

Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: Preoperative Instructions for Your Upcoming Surgery &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.

- ADD / ADHD medications are to be avoided the day before surgery.
- **Contrave (Naltrexone-containing meds):** Patient must consult with the prescribing physician about when & how to stop this medication prior to surgery.
- **Weight Loss Meds (Ozempic, Wegovy, Semaglutide, ect.), & Biotin.:** are to be stopped 2 weeks prior to surgery.
- **Illicit Drug Use:** Please be honest about any illicit drug use during the preoperative assessment. Your safety is our priority and accurate medical information is crucial for planning a safe and effective surgical procedure.
 - Illicit drug use can have significant interactions with anesthesia and other medications administered during surgery, potentially leading to complications.
 - **Examples of the most important substances to mention include:**
 - Cocaine & Meth.

Consultation Is Key: If you are taking any of the above medications or supplements for chronic conditions, do not stop them without first consulting with the physician who prescribed them and your surgeon.

Together, we will develop a safe plan tailored to your health needs and surgical procedure.

4 Weeks Before Surgery

- **Reducing/Stopping Nicotine:** We strongly recommend reducing or ideally stopping nicotine (including cigarettes, oral tobacco, e-cigarettes with nicotine, patches, lozenges, and/or gums) for 4 weeks before and after your surgery.
 - **Why?:** Nicotine can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in nicotine exposure is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.
 - **Why?:** Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- Shower or Bath: On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - Avoid Applying Products: Do not apply any lotions, perfumes, or other products to your skin after bathing.
- Medications:
 - Blood Pressure Medications:
 - Take your blood pressure medication as usual, including the day of surgery. On the day of surgery, take it with only a small sip of water.
 - Diabetes Medications:
 - DO NOT take any oral and/or injectable diabetic meds the night before or the morning of surgery.
 - Only take medications approved or prescribed by your surgeon with a small sip of water.
- Fasting: Adhere to the fasting instructions provided by your surgical team. Typically, this means no eating or drinking, including water, for either 3 or 8 hours before your surgery. Check your paperwork or email our office for further guidance, if needed. This information will be on the 1st page of this document.
- Jewelry and Valuables: Remove all jewelry and refrain from bringing valuables to the clinic, including piercings.
 - If you have metal hair extensions (such as clip-in or microbead extensions), please inform your nurse before surgery.
- Makeup and Skincare Products: DO NOT wear any makeup or apply skincare products on the day of your surgery.
- Clothing: Opt for loose, comfortable clothing that doesn't need to be pulled over your head. A button-up or zip-front top is ideal for after the surgery.
- Communicating Questions or Concerns: If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.

Post-Operative Instructions

Home Recovery Guidelines

- Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. Continue this for 1-2 weeks.

Medications

1. Tylenol (Acetaminophen):
 - Pain Relief: Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. Narcotic Pain Medication:
 - Prescription Medication: If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
 - Preventing Constipation: You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. Zofran (Ondansetron):
 - Nausea Prevention: Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. Antibiotics:
 - Infection Prevention: If you've been prescribed antibiotics, it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.

Nutrition

- Hydration: Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.
- Meal Approach: If you have a reduced appetite, eat small, frequent meals.

Activity

- **Exercise:** Gradual reintroduction of light physical activities is advised 2-3 weeks after surgery. Begin with low-intensity exercises and progressively return to your usual regimen, noting that swelling may temporarily increase with activity.
- **Return to Work:** Most patients will be ready to return to work within 5-7 days, depending on job duties and the necessity for face-to-face interactions.
- **Sexual Activity:** You can resume sexual activities once you feel comfortable and after ensuring that the incision has completely healed.

Bathing

- **Showering.** You may shower the day following surgery.
- **Hot Tubs/Baths/Swimming Pools.** No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

How to Care for Your Incisions

- **Cleaning:** If you notice any buildup or crusting around the incision at the base of your nose, you may gently clean the area using a Q-tip dipped in water.
- **Sun Exposure:** Avoid direct sunlight on the incision area during healing. Afterward, apply sunscreen &/or wear a wide-brimmed hat when outdoors to prevent darkening.

Post-Surgery Cold Therapy (optional)

- **When to Start:** Begin icing your face 24-48 hours after surgery to help reduce swelling and discomfort.
- **How to Ice:** Use a plastic bag filled with crushed ice or ice packs.
- **Barrier:** Always place a wash-cloth between the ice and your skin to prevent frostbite or irritation. Never apply ice directly to your skin.
- **Timing:** Apply ice to the affected area for 15-20 minutes at a time, then remove the ice for at least 40 minutes to allow your skin to recover. Repeat this cycle as needed for the first 48-72 hours post-surgery.

- **When to Stop:** Discontinue icing once the majority of the swelling has subsided, usually around 3 days after surgery. Consult your surgeon if you are unsure whether to continue.
- **Important Notes:**
 - Be gentle when applying ice to avoid disturbing any dressings, sutures, or delicate skin areas.
 - Excessive or prolonged icing may cause skin damage, so stick to the timing guidelines above.

What to Expect

- **Drainage:** It's normal to experience blood-tinged drainage from incision sites during the first week.
- **Bruising:** Expect bruising, which typically resolves within 2-3 weeks, transitioning from purple to a yellow/green shade.
- **Swelling:** Expect swelling for a few weeks after the procedure. You can manage this by resting, keeping your head elevated, and applying cold compresses as directed by your surgeon. Exercise may temporarily worsen swelling, but light activity is encouraged to support overall recovery.
- **Itching:** Incision site itching is common; over-the-counter antihistamines like Benadryl can offer relief.
- **Pain and Discomfort:** Feeling tightness, pressure, or soreness is typical during the recovery phase.
- **Sensory Changes:** Changes in sensation around the upper lip are normal, with gradual return to normalcy expected over weeks to months.

Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@drshimching.com	- General recovery questions - Appointment inquiries - Prescription refills
Urgent Questions or Concerns	Office Phone: (808) 585-8855 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	- Swelling, bruising, or redness - Severe pain - High fever - Unusual discharge or odor - Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	- Difficulty breathing - Chest pain - Severe calf pain - Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.