



Lindsey Pennington, MD
F A C I A L P L A S T I C S

Postoperative Instructions:

Lip Lift Surgery

Maximize your results after lip lift surgery by following these basic posttreatment instructions. Please contact Dr. Pennington with any questions.

General

- Numbness around the area is common.
- **No** smoking for 4 weeks post-surgery
- **No** Alcohol for 2 weeks post-surgery
- **No** aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. Dr. Pennington will advise you when you may resume taking these medications.
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- **No** herbal medications, supplements, or teas.
 - Increased risk of bleeding includes, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea.

Diet

- Avoid hot food/drinks until all sensation returns to the lips
- When sensation returns, you may eat soft foods for the first 72 hours (mashed potatoes, scrambled eggs, yogurt etc.)
- **LOW SALT DIET!!!** Even the smallest amount of salt can cause a great amount of swelling and drastically increase healing time.(less than 2,000mg per day)

Activity

- **Sleep with your head elevated at a 45-degree angle in a recliner for the first week**, to help reduce facial swelling. If there is no way a recliner will be accessible after surgery, then this can be accomplished by putting pillows behind you in bed.
- **Do NOT** blow your nose.
- **NO gum chewing until cleared by Dr. Pennington.**
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open.
- **Do NOT** bend over or hang your head down.
- **No** heavy lifting, straining, strenuous activity, or sex for at least 2 weeks.
- Avoid excess lip movement, including lip massage, smiling, laughing, and excess speaking.

Wound Care

- Avoid getting area wet until Dr. Pennington advises otherwise.
- May gently clean suture line with Anasept and then apply prescribed ointment or A&D ointment to suture line- Dr. Pennington will advise.
- Steri-strip tape bandages may have been applied to your incision. Leave this tape in place. The tape will gradually peel off in a few days.
- Keep moist with A&D ointment or Aquaphor **at all times** for 1 month. *Do not use any other creams/lotions.*
- Avoid direct sun exposure. Generally, you may start using sunscreen over the area at 1 week after the sutures are removed.
- For the first week you will need to use a soft bristle toothbrush very gently when brushing your teeth.

***** Please notify Dr. Pennington if you suffer from cold sores, as cold sores may occur with treatments around the mouth or lips. *****

Call Dr. Pennington if you develop:

- Fever greater than 100.4
- Sudden swelling or discoloration
- Hemorrhage
- Drainage from wound edges or other signs of infection
- Development of any drug reaction

Please do not hesitate to contact our office. (318-216-5366)