



LIP AUGMENTATION INSTRUCTIONS (PRE AND POST OPERATIVE)

Pre-Op

Please have your prescriptions filled prior to surgery.

Start taking Valtrex (Antiviral) 500mg two times a day.

Take antibiotic Cipro 500mg two times a day, starting one day prior to surgery.

DO NOT take Aspirin or Ibuprofen products (i.e. Bufferin, Anacin, Advil, Motrin, Anacin-free, Excedrin) 2 weeks prior or 2 weeks post surgery. Tylenol (acetaminophen) is okay. Limit Vitamin E to less than 400 mg per day.

Arnica Montana (homeopathic medication) is recommended to reduce bruising and swelling. You can purchase this medication through our office, Whole Foods, or Central Market.

Cleanse face prior to surgery (WEAR NO MAKE-UP TO THE OFFICE THE DAY OF SURGERY).

DO NOT SMOKE! Stop smoking two weeks prior to your surgical procedure. Smoking can cause poor wound healing and may result in bad scarring. We recommend smokers take 2 grams of Vitamin C per day for two weeks before and after surgery.

DO NOT drink alcohol the night before.

Supplies for Lip Augmentation

Prescriptions – pain medication, antibiotics, anti-viral.

Small tube of bacitracin or Neosporin ointment.

Q-Tips

Small bottle of Hydrogen Peroxide

Crushed ice and small Ziploc bags to make cool packs

Vaseline, Carmex or Chap stick to keep lips moist

Small child's toothbrush.

Post Procedure Instructions

Rest quietly the rest of your surgery day. The next day you can perform routine activities. No exercise for 1-2 weeks.

Sleep on your back with head elevated using 3-4 pillows for at least 7 days to minimize swelling.

No bending over, lifting or straining for 3-4 days.

Eat foods that are soft and require minimal chewing. No hot or salty foods or fluids for 48 hours.

NO SMOKING for at least two weeks after surgery. Smoking will inhibit your healing process.

Avoid opening the mouth wide to prevent incision site separation (opening)

Use a small child's toothbrush to brush your teeth and rinse your mouth after meals.

Clean incisions at corner of mouth with diluted hydrogen peroxide (1/2 hydrogen peroxide, 1/2 water), then apply antibiotic ointment (Neosporin, polysporin) 3 times per day.

Use cool compresses for 24-48 hours to reduce swelling. NO DIRECT ICE.

Keep lips moisturized for 2-3 week with Vaseline, Carmex or Chapstick.

For pain relief, take prescribed tablets every 3-4 hours as necessary. Do not exceed more than 8 per day.

Do not make any legal decisions while under the influence of an anesthetic or medication that may cause drowsiness.

Please contact the office if pain cannot be controlled with prescribed medications

No drinking of alcohol, driving or operating machinery, while on pain medications

1 WEEK POST SURGERY

You will be instructed on proper techniques to keep lip implant pocket open.

Verify that the implant remains centered by pinching the tapered ends of implants with thumb and index fingers of each hand. Minor adjustment need to be made by slightly pushing one end of implant at a time if implants are not centered.

Implant positioning will need to be checked several times a day for eight weeks. (check implants in the morning, after eating, excessive movement, and at bedtime.)

2 WEEKS POST SURGERY

Stretching exercises: should be performed 2-3 times a day / 10 - 15 times each for 2-3 months to help alleviate excessive scar tissue formation.

Stretching exercises are to be started when sutures are gone and incisions have healed (usually by 2 1/2 - 3 weeks post-op). Examples of stretching will include:

1. Opening mouth widely then back to a closed position
2. Excessive smiling (pulling lips tightly against teeth) then back to a closed position

Any tightness that you might experience will start to dissipate once you begin these exercises. Continue these stretching exercises for 2- 3 months even if you are not experiencing any tightness.

Please do not massage your lips.

If you have any questions or concerns please feel free to contact our office at **(602) 653-0540.**