



Lip Augmentation

Post Operative Instructions

What to do:

- You may wash your face lightly with soap and water.
- Keeping your head elevated will reduce swelling and discomfort. This is generally helpful for up to 1 week after surgery.
- Ice can be applied for 2-3 days following surgery. Avoid direct contact of the ice with skin, as this can result in cold-related skin damage.
- Avoid aspirin-containing products or anti-inflammatory medications (Motrin, Aleve, etc.) for 2-3 days after surgery, as these may increase the risk of bleeding immediately after surgery. Tylenol is safe immediately after surgery and may be alternated with (or used in place of) prescribed pain medication.
- Often, patients undergoing this procedure will be prescribed antibiotics for a few days after surgery.
- It is not generally necessary, in the immediate postoperative period, to apply any ointments or topical compounds to the incision; doing so can inhibit normal healing. Avoid application of lipstick or other cosmetic products to the incisions for about 2 weeks. Incisions are generally located at each end of the lip, at the junction of the wet and the dry surfaces.
- It is usually a good idea to avoid strenuous activity or exercise for the first 7-10 days after surgery. Also, avoid excessive lip movement during this time period; soft foods and limiting talking are advised.
- Driving should be avoided if you are taking narcotic pain medications or if there is still significant pain from the surgery. Driving while these conditions are present could result in an unsafe driving situation.

What to look for / Troubleshooting:

- Signs of infection: increasing redness, pain, warmth, swelling, or purulent drainage at the surgical site. Additionally, fevers and chills can be signs of infection. Normal surgical pain and swelling should generally begin to decrease 2-3 days after surgery. If you suspect infection at the surgical site, contact your provider as soon as possible to determine the appropriate treatment course.
- Signs of bleeding: sudden increased swelling/mass-effect at the surgical site, drainage of blood from the wound, or severe bruising around the surgical site. Drainage of a small or moderate amount of blood-tinged fluid following surgery is not uncommon and is usually not indicative of active bleeding. If there appears to be active bleeding, direct pressure on the site can be helpful. If you suspect significant bleeding following surgery, contact your provider to determine appropriate treatment.
- There may be slight irregularity/asymmetry of the lips. This is common and often results from asymmetric postoperative swelling. This usually improves over the first 7-10 days as swelling subsides. If there are prominent areas that persist after 2-3 weeks, firm but gentle finger massage of these areas a few times a day can be helpful.
- Sutures are usually absorbable. These will generally fall out spontaneously. If they persist past 7-10 days, try a gentle tug on the suture with a pair of tweezers. If this maneuver does not remove the suture, you may elect to wait a few days more and try again or contact your provider to arrange removal. If the sutures used are non-absorbable, your provider will arrange a follow-up appointment to have these removed.

If any problems arise or if you have any questions, please call the Advice Nurse at (408) 851-2396 or 2397.

For any non-urgent problems or questions, please call the Cosmetic Center at (408) 851-8200.