

LIP AUGMENTATION INSTRUCTIONS

BEGIN ONE DAY PRIOR TO SURGERY

- Start taking Valtrex (Antiviral) 500 mg 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) 1 week prior or 2 weeks post surgery. Tylenol (acetaminophen) is okay.
 - Cleanse face prior to surgery (WEAR NO MAKE-UP TO THE OFFICE THE DAY OF SURGERY).
 - **DO NOT SMOKE! Smoking can cause poor wound healing and may result in bad scarring.**
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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, large bowl, and 4x4 gauze pads to make cool compresses
 - Vaseline, Carmex, or a similar product to keep lips moist
 - Small child's toothbrush
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POST OP INSTRUCTIONS

GENERAL 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)
 - Brush your teeth and rinse your mouth after meals.
 - Clean incisions at corner of mouth with diluted hydrogen peroxide (¼ hydrogen peroxide, ¾ 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 weeks with Vaseline, Carmex, or a similar product.
 - Do not massage your lips.
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1 WEEK POST SURGERY APPOINTMENT

- Verify that the implant remains centered, gently feeling the tapered ends of the implant are in the same position on each side / top and bottom.
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2 WEEK POST SURGERY APPOINTMENT

Discuss 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.