

## Lip Lift – Post-Operative Instructions

### Rest + Relaxation

- For the 1<sup>st</sup> couple of weeks, it's important not to overly strain your face to allow things to heal nicely without tension on the incision.
- You may apply ice to your face regularly for a few days after surgery (no ice directly against your skin).
- It is important that you do not consume food/drinks that are particularly hot or cold for several hours after surgery. Your upper lip will be numb from the freezing/numbing medication for 2-3 hours.
- When sleeping, try to lie on your back or side but avoid sleeping on your stomach. This will help minimize swelling and also avoid inadvertently rubbing your lip against your pillow.
- It is important to keep your blood pressure on the low side for 2 weeks after surgery (no heavy exercise and take your normal hypertension medications as prescribed). However, you can and should walk multiple times each day.

### Washing

- You may shower 24 hours after your procedure. You may have a small piece of tape below your nose, leave this on. If you can gently "spot clean" your face for the first few days, that is preferred. If the tape comes off, that is fine.
- You can get a small amount of water on your incision site. You can use a hairdryer on a low setting afterwards to dry the tape but be careful that you do not get a burn as you will have some minor numbness around your incision. Do not rub your (incision) dry with a towel.
- In general, be gentle when washing your face, no aggressive rubbing.
- No baths, pools, hot tubs, or lake water for 6 weeks.

### Medication

- Anti-Pain medication can be taken after surgery.
- Unless there are contraindications, I generally recommend 2 extra-strength Tylenol and 400-600mg of Advil every 6 hours. You need some food in your stomach with Advil, but this regimen has a low side-effect profile and works well (take them together as they do not interact).
- Resume prescribed medications unless otherwise stated. Do not use fish-oil or any herbal supplements etc. for at least 2 weeks before and after surgery.
- If prescribed, take antibiotics at the appropriate times until completed.

### Incision Care

- Do not apply anything (no Polysporin) to your incisions for the 1<sup>st</sup> 2 weeks.
- Bleeding or oozing around your incisions may occur

following surgery. If it occurs hold constant firm pressure (push towards your nose) for 10-15 minutes with a clean towel. If you develop a hematoma (excess bruising and/or a large lump under your skin), please contact Dr. McInnes right away. A small amount of bruising is normal.

### Three Weeks After Surgery

- Begin to massage your incisions with non-irritating scar cream (available at our office). Do not use 100% vitamin E. I also recommend always using a facial moisturizer with SPF 30 or higher to prevent scar darkening and trying to avoid the sun. Remember, it will take a full year for your scars to mature.
- Do not apply makeup to your incision until you are seen Dr. McInnes for suture removal. Makeup can usually be applied over the incision 1 week after suture removal.

### Follow Up Care

- Dr. McInnes will let you know which locations to visit for your follow up appointments. You will likely see him around 5 days after surgery for suture removal. Please arrange with our office to confirm the time. You may be required to visit Dr. McInnes at a hospital to have sutures removed or for a checkup. He may call you the evening of surgery to see how you're doing, please try to answer your phone (even if it's from "unknown caller").

### Weekday Care (8 am to 5 pm)

- For general inquiries/questions email [office@doctorm.ca](mailto:office@doctorm.ca) or call the office (for more concerning issues call the office).

### Weekend, After Hours, and Emergency Care

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes. If he happens to be unavailable ask for the plastic surgeon on call.

### Contact

- Office phone: 604-515-8847
- 307 – 233 Nelson's Crescent, New Westminster, BC.