



Postoperative Care of Lip Advancement, Lip Augmentation, Lip Reduction

DO:

- Clean suture lines with **hydrogen peroxide** and Q-tip six (6) times daily.
- Following each peroxide treatment apply a thin layer of **over the counter ointment** (*Bacitracin, Polysporin, Neosporin*) to the suture lines following cleaning six (6) times daily.
- Sleep with head of bed **elevated** 30-40 degrees. (Use pillows, a wedge cushion or a recliner.) Sleep on your back, not on your side or stomach.
- Avoid excessive smiling or manipulation of lips (drinking through a straw, excessive chewing, opening mouth too wide).
- Take all medications as prescribed.

DO NOT:

- Apply make-up for one (1) week.
- Eat or drink hot or cold substances. All food and beverage must be tepid (lukewarm).

REMEMBER:

- All sutures will be removed after one (1) week.
- The lips tend to swell significantly after any surgery around the mouth. Most of the swelling will subside within 1-2 weeks. The incisions may remain stiff for some time after your surgery, and it may take several weeks for all the swelling to subside. Be patient.
- Arnica Montana helps reduce bruising and Bromelain reduces inflammation after surgery. Both are over the counter supplements that can be found in your local drug store or on Amazon.

Your post-op appointment is on: _____

If you have any questions please call the office @ 973-394-1815.