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Postoperative Lip Augmentation Instructions

1. Take medications as directed. Begin the Amica Montana and Bromelin the night of surgery. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. If you are taking an antibiotic, be sure to finish it. Take the Zovirax prescription until finished.
2. Use cool compresses on the lips for 24-48 hours to reduce swelling. No direct ice.
3. Eat foods that are soft and require minimal chewing. Avoid salty or sweet foods for 48 hours.
4. Do not open your mouth wide to eat large bites of food or to use dental floss. Opening the mouth wide before the incisions are strong can lead to the incisions opening and exposing the implant. This frequently leads to infection and loss of the implant.
5. Apply Polysporin Ointment to lip incisions until all crusts are gone. Keep the lips moisturized for 3-4 weeks with Vaseline or Chapstick
6. Red tinged or slightly bloody drainage from wounds is normal for up to 24 hours after the surgery. Applying gentle pressure for 10 minutes will usually stop the flow.
7. Keep your head elevated as much as possible until all the swelling is gone. Avoiding any activity that elevates your heart rate is recommended for two weeks to prevent elevated blood pressure which will increase swelling and could cause bleeding.
8. After three weeks we will begin massage of the lips and incisions. This will soften the tissues and the normal softness will return. It is normal for the lips to stay swollen for several weeks.
9. Please call the office if you have any questions or concerns.
10. Move the legs and feet often to prevent dangerous blood clots in the legs. Taking big breaths and coughing will restore normal lung function after anesthesia.
11. Contact the office today to schedule your first post-op visit if not already set up.