LIP LIFT

AFTER CARE INSTRUCTIONS

1. After surgery elevate your head and shoulders at a 30° to 45° angle on two or more pillows. When awake in bed please flex your ankles and legs up and down 4-6 times every hour. This will help lower extremity circulation and minimize the risks of swelling and blood clots.

2. After surgery, avoid straining of any kind for the first 2 days. Facial movements (smiling, talking, chewing, yawning, etc.) should be kept to a minimum for the first week. Avoid turning your head to either side as this will pull on the stitch lines. To turn, move your head and shoulders as a unit.

3. Apply towel wrapped ice bags or cooling packs (keep them cold, but not frozen) to the exposed areas of your face for the first 72 hours to reduce post-operative swelling.

4. If you have pain or discomfort, take the pain medication every 4-6 hours. It is best to take the pain medication with crackers, Jell-O, etc. If you do not have pain please do not take the pain medication. Do not drink alcohol while you are taking pain medication. In addition, you may be given an anti-anxiety/muscle relaxant medication that you may take as well to prevent aggravation of the pain cycle.

5. A light diet is best following surgery that day. Begin by taking liquid slowly and progress to soups or Jell-O. You may start with a soft, regular diet the next day. Over the next 6 weeks, a high protein diet will benefit your recovery. Daily protein supplementation with pre-made shakes (eg. Boost, Muscle Milk) or soluble powder (whey, soy etc.) from a nutrition store is recommended.

6. Any visible sutures used are removed in 5 to 10 days. If any portion of the incision is internal (along the gum line), then the sutures placed will dissolve on their own in a similar period of time.

7. Swelling of the face and neck after surgery is normal and expected. If you develop an acute onset of swelling on one side of your face or neck, which is definitely more pronounced than on the other side, or if you are having pain, which is NOT relieved by the pain medication, please call Dr. Beck immediately.

8. After the first 48 hours, you may start cleaning along any external incision line under the nose with a mild soap (Neutrogena, Ivory, etc.) and use a moisturizer on your face, being careful to keep it away from the stitch lines. Apply a thin layer of polysporin (Neosporin type) ointment to these areas after cleaning twice daily for two days.

9. Avoid eating any hard/firm foods (ex: apples, carrots) or taking exaggerated (large) bites of food for the first two weeks. Chew all food slowly and thoroughly.

10. **DO NOT SMOKE** or ingest any nicotine containing products. This is very important for optimal wound healing.
11. You may gradually resume basic daily activities after 2 days being careful to avoid any activity that causes pain or discomfort. Lifting of objects heavier than 10 pounds should be avoided for 3 weeks. Strenuous activities and exercises are to be avoided until 4 weeks after surgery. During the recovery period your heart rate should stay below 100 beats per minute.

12. Cosmetics can be worn on the face as early as 10 days after surgery. There may be a feeling of numbness of the chin and jawline that will subside.

13. All incisions and the skin of your face will be extremely sensitive to sunlight during the healing phase. Protect your facial skin from excessive exposure to the sun for 8 weeks. Direct sun contact or tanning booths are to be avoided. Wearing a wide brim hat and use of a clinical grade sunscreen with a SPF of at least 30 with zinc oxide (UVA and UVB protection) is recommended.

14. **Beginning at 1 week after surgery**, Dr. Beck recommends application of a hyaluronic acid based serum and vitamin C cream to the incisions to promote early softening and maturation of these scars. These products should be used daily for 6 months after surgery. For simplicity, our office carries Dr. Becks preferred brand of both.

**WHAT TO EXPECT AFTER SURGERY**

Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.

The upper lip sometimes will feel numb and occasionally the front teeth will feel “funny” due to the areas of numbness. These feelings will gradually disappear.

Bruising and swelling are normal for 5-7 days. It will disappear over time.

The area around your mouth will feel tight but not necessarily look tight (it will look natural). This is normal and will disappear over time as the swelling and numbness resolves.

Please note:

- **If you have nausea, vomiting, rash, shortness of breath, constipation or diarrhea after taking your medications, please call our office.**

- **If you develop a fever (oral temperature greater than 101°), redness and/or increased pain at the surgical incision sites, please call Dr. Beck immediately.**

**FOLLOW-UP INSTRUCTIONS**

It is important to be seen by Dr. Beck after your initial post-op checks. He will see you for follow-up appointments at 1 week, 3 weeks, 6 weeks, 3 months, 6 months and 1-year post-op. For your convenience, your initial follow-up appointment is scheduled at your pre-operative visit. If you must change any scheduled appointment, please call us at 214-818-4751 between the hours of 8:30 am – 5:00 pm with at least 48 hours notice.
IF YOU HAVE ANY QUESTIONS, PLEASE CALL

There is no such thing as a minor question or concern. If you need immediate care, someone will be available for you at all times. During office hours, please call our main number 214-818-4751. After hours and on the weekends please use the on-call service (accessed by calling our office phone) or contact Dr. Beck.

Dr. Beck’s office: 214-818-4751
Dr. Beck’s cell: given at time of surgery

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