



POST OPERATIVE INSTRUCTIONS LIP LIFT PROCEDURE

1. Begin taking Arnica Montana from your VitaMedica recovery pack the night of surgery. Continue taking other pre-operative VitaMedica supplements as directed. Full instructions will be listed on the package.
2. Fill and take as directed any prescribed medication. Do NOT take aspirin, ibuprofen products, lecithin, or alcohol until advised. These may cause bleeding. You may take Tylenol or Extra Strength Tylenol.
3. No heavy meals for the first 48-72 hours following surgery. Eat small and light then slowly increase as tolerated. Good nutritious food is very important in the healing process and will help you feel stronger sooner. Soft foods are best to start with. (ex. Baked or mash potatoes, warm soups, creamed vegetables, canned fruit, oatmeal, cream of wheat, yogurt, bananas, apple sauce, jello, pudding). Minimize heavily salted foods to help limit swelling. Gradually resume a normal diet.
4. Elevate head on at least two pillows when resting for 48 hours. This will minimize the swelling, which is expected for at least 2-3 weeks.
5. Apply ice pack or frozen peas to your eyes for 20 minutes every hour the first 24 to 48 hours. This will minimize the swelling and the bruising.
6. Avoid being out in the sun for extended periods for up to six months following your surgery. It is advised to use a sun block higher than SPF 15.
7. In the event of crusting around incision site, clean incisions with a wet cotton swab that is dipped in diluted hydrogen peroxide ($\frac{1}{4}$ hydrogen peroxide, $\frac{3}{4}$ water). Then reapply bacitracin ointment (if incision is not covered).

Call the office at 512-600-2888 questions or problems, or if you have:

- A temperature greater than 101 degrees.
- Excessive bleeding saturating the dressings.
- A sudden increase in drainage, pain, or swelling at the incision site or surrounding area.
- If you have persistent vomiting, have a pharmacy phone number so that medication can be called in.

