

SIEGEL

FACIAL PLASTIC SURGERY

After Lip Lift

- What can I expect after surgery?
- Call the Office promptly if you notice any of the following
- How do I care for myself after surgery?
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What can I expect after surgery?

You might experience mild to moderate pain and discomfort after surgery. This will usually be easily managed with some oral medications. Tylenol with codeine (or a suitable alternative if you're allergic to codeine) should generally relieve pain.

Rest assured, the discomfort and pain should start to ease up within 48 hours after your surgery. If you notice a significant increase in pain after that time, please don't hesitate to reach out to the office for guidance.

It's perfectly normal to have some bruising and swelling after the procedure, and while these symptoms might seem a bit more pronounced on the second day, that's just part of the healing process.

Call the office promptly if you notice any of the following:

- development of a temperature elevation exceeding 101.0 degrees.
- Sudden severe increase in swelling, bleeding, or pain.
- New discharge from the surgical site.
- New onset of pain.

If any of the above should occur after regular office hours, do not hesitate to reach Dr. Siegel directly on his cell phone at 832-265-1935. For whatever reason if you notice one of the above changes and cannot reach us at our office or through the answering service, present yourself to the emergency department for evaluation.

How do I care for myself after surgery?

Make arrangements to have someone drive you to and from your surgery.

Having someone stay with you on at least the first night after your surgery is highly recommended.

Be sure to fill your prescriptions before your surgery.

Arrive for your surgery in loose comfortable clothing. Your top should button or zip rather than pull over your head.

Take the antibiotics and pain medication only as prescribed by the office.

Do not take any aspirin or any anti-inflammatory compounds for 2 weeks before and 2 weeks after your surgery.

If you are a smoker, you should not smoke for at least 2 weeks before and after surgery. Any tobacco products, including nicotine patches, inhibit your circulation and can significantly compromise your surgical outcome.

To minimize swelling, you may use cold compresses or frozen corn in Ziploc bags in a dry cloth. You may apply these gently to your closed eyes four-to-six times a day for the first twenty-four hours after surgery.

Sleep with the head elevated—at least three pillows for the first week after surgery.

Usually, your surgeon will use non-dissolvable sutures, which will be removed within 5-to-7 days. External sutures should be always kept moist with Aquaphor or Vaseline for the first 5-7 days.

You should avoid vigorous exercise and should avoid any significant physical exertion, lifting, or straining for a minimum of 3 weeks after your surgery, as this activity could disrupt your wound healing. Plan on taking it easy.

You may shower or bathe the day after surgery but do not let the spray directly strike the area of your eyes. Do not rub, wash, or massage your lip area.

Avoid taking big bites of food, to prevent putting tension on the suture area. While you have no dietary restrictions, you should cut your food into smaller pieces.

Recovery timetable

Approximate recovery after Lip Lift is as follows:

DAY 1 Return Home. Mild swelling and bruising, mild discomfort. Lips may appear asymmetric and bigger than expected.

DAY 2-3 Maximum bruising, swelling.

DAY 5-7 Stitches removed. The bruising and swelling going away, symmetry and size returning to normal.

WEEK 1-4 Incision healing and fading.

AFTER 4 WEEKS Resume all normal activity and medications.

REMEMBER: If you have any concerns or questions, please contact our office at any time. Our office should be a source of information and reassurance throughout this entire experience, from the time of your first consultation and continuing after your surgery.