



HOLLAND

PLASTIC SURGERY & AESTHETICS

Lip Lift

Post-Operative Instructions

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

What to expect:

- There will be a mild to moderate amount of pain and discomfort associated with the procedure. This should be easily controlled with oral medications. Severe pain is rare; if you experience this please contact us immediately.
- The discomfort and pain should begin to decrease within 48 hours after the procedure.
- After the procedure you will notice some bruising and swelling in the area(s). This usually peaks within 2-3 days after the procedure. After 72 hours the swelling and bruising rapidly subside.
- You may feel reduced or heightened sensation in the upper lip and surrounding area which is normal. You can expect return of normal sensation after a few weeks to months.

Pain Medication:

- **For pain it would be appropriate to take Tylenol 500 mg two tablets every 6 hours (not to exceed 2000 mg in 24 hours) and Ibuprofen 600 mg every six hours, if it is not contraindicated for your health and you have not been prescribed Celebrex.**

Activities:

- Listen to your body and rest when you are tired.
- Begin walking as soon as possible. Doing so will reduce swelling, prevent post-procedure complications, and promote recovery.
- Refrain from vigorous activity for 2 weeks. Increase activity gradually as tolerated.
- Avoid hitting or bumping your face, head, and neck.
- Avoid opening your mouth more than 1 inch wide to prevent incision site separation (opening) for 1 week.
- To minimize the swelling, sleep with your head elevated for 2 weeks after surgery.
- Avoid excessive talking, laughing, and chewing as this will cause more swelling and discomfort.
- You may wash your hair and face the next day after your surgery.
- Do not smoke **any substance**, as doing so delays healing and increases the risk of complications.

Wound care:

- Keep incisions clean and inspect daily for redness, swelling, heat, and or drainage with an odor.
- To minimize swelling in the face you may use cool, clean compresses or ice wrapped in a dry cloth. Apply these gently to your face four to six times a day for the first 24 hours after the procedure.



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- Some swelling or discoloration may be noticeable, but this is normal and should resolve on its own.
- Avoid and minimize sun exposure. Use an SPF 30 or greater when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.
- Everyone has a different healing process, but it takes **approximately a year** for these changes to occur and the scars to look their best. After your incisions have completely healed and when Dr. Holland has told you it is safe, you can begin to use silicone-based gel on your scars to improve healing.

Call Dr. Holland if:

- Your temperature is greater than 101. It is not uncommon to have a low-grade fever after surgery.
- You have increased swelling and/or bruising.
- You have increased redness around the incision and/or if pus (yellowish or greenish drainage with a foul odor) drains from the incision.
- Severe or increased pain not relieved by medication occurs.
- Severe bleeding occurs. Apply direct pressure to the area.

Follow up:

Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland urgently.**