

POST-OP INSTRUCTIONS FOR CHEILOPLASTY (LIP SURGERY)

CARE OF INCISIONS

- Gently clean incisions with Hydrogen Peroxide soaked Q-tips and then apply a thin layer of antibiotic ointment with a Q-tip 3 times a day beginning right after surgery.
- Reapply antibiotic ointment as needed to keep incisions covered with ointment.
- Use clean new Vaseline as needed for chapped lips.
- Do not manipulate incisions (i.e. sutures) other than cleaning.

ACTIVITY

- Apply light weighted cool compresses to the lips right after surgery (Ice water soaked clean washcloth, bag of frozen vegetables wrapped in clean washcloth). Do not apply a heavy ice pack!
- You may shower (using warm, NOT HOT water) avoiding direct spray of water on the face or around the incisions the first day after surgery.
- Keep upper body elevated following surgery. Sleep on back and elevated 30-40 degrees. Sleep elevated for approximately 2 weeks and on your back for approximately 2 months.
- Avoid straining or any activity that causes a feeling of pressure in the face. No bending. Check with your doctor before resuming any physical activities.
- Avoid stretching excisions (small bites of food, gentle tooth brushing, etc.)
- No flossing (may rinse with mouthwash as needed)
- Remember to rest your mouth as much as possible the first week following surgery.

DIET

- Begin with bland foods (clear liquids, broth, etc.) and advance as tolerated.
- Resume a well-balanced diet including protein and high fiber foods.
- Avoid alcohol, nicotine, and caffeine, for these dramatically slow the healing process.
- Increase fluids such as water and clear liquids the day of surgery.
- Use a small spoon (straws may be difficult to use).
- Avoid temperature extremes (ice cubes & hot liquids) for the first few hours following surgery while lips may still be numb.

MEDICATIONS

- Take antibiotic as directed by your prescription (on medication bottle).
- Take pain medication as directed (avoid driving or consuming alcohol while taking prescription pain medication).

- If pain is mild, you may take extra strength Tylenol per manufacturer's directions.
- Do not take any products containing ibuprofen (including Advil, Midol, etc.) in place of pain medicine.
- Please check with your doctor before resuming any medications taken on a regular basis.

WHAT TO EXPECT

- Some bruising and swelling is normal as well as a small amount of oozing along the incision lines. Please notify us if you are experiencing extreme swelling or bleeding from the incisions.
- There may be a feeling of tightness in and around the lips that will improve with time.

****Please do not hesitate to call us at 770.393.9000 for any questions or concerns.**