

LIP AUGMENTATION INSTRUCTIONS

BEGIN ONE DAY PRIOR TO SURGERY

- Start taking Valtrex (Antiviral) 500 mg two times a day, starting one day prior to surgery. This is the ONLY prescription you will take before your procedure.
- Take 500 mg. or more of vitamin C daily; take this in addition to any multi-vitamin you may currently be taking. Do not take vitamin E (may cause bleeding).
- **DO NOT** take aspirin or ibuprofen products (i.e. Bufferin, Anacin, Advil, Motrin, Anacin-free, Excedrin) 1 week prior or 2 weeks post surgery. Tylenol (acetaminophen) is okay.
- Arnica Montana (homeopathic medication) is recommended to reduce bruising and swelling. You can purchase this medication through our office, Whole Foods, or Central Market.
- Cleanse face prior to surgery (**WEAR NO MAKE-UP TO THE OFFICE THE DAY OF SURGERY**).
- **DO NOT SMOKE! Smoking can cause poor wound healing and may result in bad scarring.**
- **DO NOT drink alcohol the night before.**
- You will see the nurse the day after surgery for your post-op visit.

SUPPLIES FOR LIP AUGMENTATION

- Prescriptions: pain medication, antibiotics, antiviral
- Small tube of Bacitracin or Neosporin ointment
- Q-tips
- Small bottle of Hydrogen Peroxide
- Crushed ice, large bowl, and 4x4 gauze pads to make cool compresses
- Vaseline, Carmex, or a similar product to keep lips moist
- Small child's toothbrush

Disclaimer: The intended use of the PermaLip™ Product is not approved for distribution within the United States.

POST OP INSTRUCTIONS

GENERAL INSTRUCTIONS

- Rest quietly the rest of your surgery day. The next day you can perform routine activities. No exercise for 1-2 weeks.
- Sleep on your back with head elevated using 3-4 pillows for 1-2 weeks. (decreases swelling)
- No bending over, lifting or straining for 3-4 days.
- Eat foods that are soft and require minimal chewing for 3-4 days. Do not chew gum, salads or tough meats. No hot or salty foods or fluids for 48 hours.
- **NO SMOKING** for at least two weeks after surgery. Smoking will inhibit your healing process.
- AVOID opening mouth more than 1 inch wide to prevent incision site separation (opening) for 1 week.
- Use a small child's toothbrush to brush your teeth and rinse your mouth after meals.
- Clean incisions at corner of mouth with diluted hydrogen peroxide (1/4 hydrogen peroxide, 3/4 water) then apply antibiotic ointment (Neosporin, Polysporin) 3 times per day for 2 weeks.
- Take the antiviral prescription until finished.
- Use cool/moist compresses for 24 – 48 hours to reduce swelling. **NO DIRECT ICE.**
- Keep lips moisturized for 2-3 weeks with Vaseline, Carmex, or a similar product.
- Do not massage your lips.
- Start Antibiotics today
- Take a pain pill when you get home

1 WEEK POST SURGERY APPOINTMENT

- Gently verify that the implant remains centered / top and bottom.

2 WEEK POST SURGERY APPOINTMENT

Discuss stretching exercises: should be performed 2-3 times a day / 10 - 15 times each for 2-3 months to help alleviate excessive scar tissue formation.

- Stretching exercises are to be started when sutures are gone and incisions have healed (usually by 2 1/2 - 3 weeks Post-op).
- Examples of stretching will include:
 1. Opening mouth widely then back to a closed position
 2. Excessive smiling (pulling lips tightly against teeth) then back to a closed position

Any tightness that you might experience will start to dissipate once you begin these exercises. Continue these stretching exercises for 2- 3 months even if you are not experiencing any tightness.

*Please do not massage your lips.