

## Post-Operative Care for Lip Augmentation

### At Home After Procedure:

- Elevate the head of the bed with at least two pillows for the first night following the procedure. This will help minimize swelling, which is likely to occur.
- Apply ice packs to the mouth (10 min on, 10 min off) for the first 4-6 hours to reduce swelling. For comfort, you may apply ice packs for up to 24 hours.
- Put Vaseline on your lips and incisions to prevent dryness/chapping
- Diet must be limited to soft foods for 48 hours following surgery to minimize chewing.
- DO NOT TAKE Vitamin E, Aspirin or aspirin-like products including Ibuprofen, Advil, Nuprin, or Motrin for 3 weeks before and one week after surgery. Please see the complete list of medications to avoid, included in your pre-operative packet.

### Follow-up Care:

It is important to take all of the antibiotics and other medication as prescribed. Return visits will be scheduled for you on the day of your procedure. The face may be washed the day following the procedure. Be very gentle when brushing your teeth. Infections are rare but watch for signs of infection up to 14 days after the procedure. This includes drainage, excessive swelling, fever, and excessive redness. Swelling will typically peak in 2-3 days after the procedure. It is OK for parts of the lip/face to swell more than others. Be patient as it takes several weeks for all the swelling to resolve.

### Supplies needed:

- Prescription medication (please bring with you on the day of procedure)
- Vaseline
- Q-tips
- Drinking straws

**Reminder: DO NOT TAKE** vitamin E, Aspirin or aspirin-like products including Ibuprofen, Advil, Nuprin, or Motrin for 3 weeks before and one week after surgery.

If you have any questions or concerns, please contact us (425.450.0880). After office hours, please contact Dr. Naficy on his mobile phone.