

A **Sub-Nasal Lip Lift**, or "upper lip lift" is a surgical procedure that involves removing a small strip of skin under your nose, which shortens the area between the nose and the top lip (the philtrum) to expose more of the vermilion, the red of the lips, making them look fuller. The procedure also rolls the vermilion border (the line between the normal lip skin and the vermilion) slightly, giving more definition to the Cupid's bow, and reveals more of your upper teeth (what surgeons call "tooth show").

PLANNING FOR SURGERY

ONE MONTH BEFORE SURGERY

- Secure any pre-surgical physicals, laboratory tests and EKGs, if required by your surgeon. Not all patients will require these tests to be performed, but if needed, don't wait to the last minute.
- Practice a healthy lifestyle including proper diet and exercise. Staying fit and healthy can only increase your chances for a quick recovery.

2 WEEKS BEFORE SURGERY

- Stop taking certain medications, including aspirin, ibuprofen and vitamin E, which can increase your risk for certain surgical complications.
- Avoid using any nicotine from this point on, including cigarettes, pipes, chew, vapes and even smoking cessation patches. Nicotine can interfere with healthy circulation through your body, which can slow your healing from surgery and increase your risk of complications.
- Add 500mg of Vitamin C and a multivitamin to your daily routine to improve your general health and prepare your body for healing.
- Make plans for your accommodations. Arrange for a family member or friend to drive you safely to the surgery center and home.
- Start preparing a recovery area- a designated space in your home that is comfortable and easily accessible. Gather pillows, blankets, comfortable clothes, neck pillows, entertainment, healthy snacks, water and medical supplies.
- Wear sunscreen daily to avoid sun damage- especially to your face!

RECOVERY EXPECTATIONS

DAY OF SURGERY

After surgery, you may feel unsteady and sleepy. This is usually when you most need pain medication to say on top of discomfort. Take the prescribed pain medicine (Norco) or Extra Strength Tylenol as needed. You should wear loose clothing that fastens in the front for 2-3 days.

FIRST WEEK

SWELLING and **BRUISING** of the surrounding tissues is completely normal. The bruising and swelling will be greater on the second or third day, but usually does not last more than one week. It is not uncommon for one side of the face to be more swollen than the other.

DIZZINESS and **MILD DISCOMFORT** can be expected. This generally will clear up after a few days. Be sure to drink plenty of fluids. There is usually little pain following your procedure, but any pain can be eased with your prescribed pain medication (Norco) or Tylenol. Small episodes of sharp pain or itching is completely normal during the healing process as well.

MILD DEPRESSION may be experienced after cosmetic surgery. This is related to the shock of seeing your face swollen and discolored. Remember this is a temporary condition and will get better day to day.

NUMBNESS and **LUMPINESS** may be experienced in areas of the lips after surgery. This is normal and will resolve within a few weeks.



DAILY CARE



Sutures

Occasionally, crusting will occur around the sutures under your nose. Do not remove this yourself. This is normal and will be resolved in the shower or with gentle facial cleansing. Your sutures will be removed 6-7 days after surgery. After all stitches have been removed, the scar will appear a deep pink color. With time, the pink will fade, the firmness of the skin will soften and will become less noticeable. This result can take approximately one year for scarring to look its best.



Showering

You may wash your hair and face the next day after surgery. Wash your face gently with mild soap or cleanser twice daily the first week after surgery. Be sure to wash in a gentle upward motion.



Icing

Iced gauze or an ice pack can be applied to the base of the nose/upper lip region for 20 minutes every hour for 2 days after surgery. This will help relieve bruising and swelling.



Sleeping

Sleep on your back with your head **elevated about 30-40 degrees** (2 pillows). You are encouraged to sleep this way for 1 week to minimize bruising and swelling.



Soft Food

Eat soft foods for 2 days. Excess chewing can increase pain and swelling. Great examples of soft foods include: Jell-O, pudding and mashed potatoes. To avoid an upset stomach, eat something before taking any medication. You will also be prescribed an anti-nausea medication (Zofran) that can be taken as needed.



Medication

Take the prescribed pain medicine (Norco) or Extra Strength Tylenol as needed. Continue taking your antibiotic (Keflex or Doxycycline) as prescribed until it is finished. You may take the prescribed sleeping pill (Restoril) as needed. Avoid straining when having a bowel movement- use the prescribed stool softener (Colace) that can be taken as needed.

THINGS TO AVOID AFTER SURGERY



Restricted Medications

Do not drink alcohol while taking pain medication. Avoid taking aspirin (Excedrin) and ibuprofen (Advil, Motrin, Aleve) for 1 week after surgery. Acetaminophen (Tylenol) can be taken for occasional aches and pains.



Movement

Avoid bending over or lifting heavy objects for 2 days. No strenuous exercise for 2 weeks. Talking during the first week of the procedure should be minimized. Excessive talking, laughing and chewing can increase pain and swelling.



Cosmetics

Do not wear makeup for the first 2 days after your procedure. Do not use chapstick, lipstick or lip gloss for 1 week. You may use Aquaphor or Vaseline to keep lips/incision area moist.



Direct Sun

Avoid direct sun to the face for 1 month. If outside, make sure to wear sunscreen, sunglasses and hat.



REPORT

Report any excessive bleeding that persists after applying pressure for a minimum of 20 minutes. Report any signs of infection such as excessive swelling, redness, sudden increase in pain or drainage and elevation in temperature (greater than 100.3 degrees). Report development of any drug reaction (rash, hives and/or itching).

