



GARCIA

↔ FACIAL PLASTIC SURGERY ↔

7807 Baymeadows Road East, Suite 303 Jacksonville, FL 32256

LIP IMPLANTS POSTOPERATIVE INSTRUCTIONS

Please follow these instructions carefully. You should also review the materials in the consultation book relative to your surgery. Your final result will depend upon how you care for the treated areas.

1. Use cold compress on lips as often as possible for the first 12-72 hours. We recommend soaking a 4x4 gauze in ice water, wringing it out and placing it over the mouth area. Change every 15 minutes.
2. Continue cold compresses over the lips for 3-4 days.
3. Clean sutures with hydrogen peroxide and then apply antibiotic ointment, or 100% petroleum jelly.
4. Report any lip pain to the Dr. and/or staff immediately.
5. **Do Not** use any makeup or wax for 2 weeks or until instructed to do so.
6. Keep your head elevated 30 to 40 degrees at all times for the next 2 weeks.
7. Make sure to stand and walk around every 15 minutes.
8. Eat soft foods only. No nuts, popcorn, grits, chips, granola, etc. **Do Not** drink or eat hot or cold substances . All food and beverages must be tepid
9. **Do Not** drink from a straw or put any objects in your mouth, ie. toothpicks, dental floss, etc.
10. **Do Not** brush teeth with a toothbrush. Use your finger on upper teeth and mouth-wash on the lower teeth.
11. **Do Not** force the tongue down into the crease to feel the suture or attempt to clean the debris. This maneuver too, may interfere with the healing.
12. Avoid excessive smiling or manipulation of mouth.
13. **Do Not** take Motrin, ibuprofen, Advil or aspirin-containing products.

Generally you will be scheduled for 1 day, 1 week, 2 week, 1 month, 3 month, 6 month and 1 year post-op appointments!

904-203-8282

Person Receiving Instructions:

(one copy to patient, one copy to chart)

Person Reviewing Instructions:

Date/Time: _____