



# De La Cruz Plastic Surgery

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## **PREOPERATIVE LIP AUGMENTATION INSTRUCTIONS**

- Please avoid any aspirin, aspirin-containing products, or ibuprofen (Advil, Aleve, etc.) for one week prior to and two weeks following your lip augmentation surgery. If you are on any medications that affects bleeding (such as coumadin or warfarin) please notify the office immediately.
- Please refrain from tobacco products and alcohol for one week prior and three weeks following surgery. Along with delayed wound healing, persistent skin redness and other complications may persist when tobacco and alcohol are not discontinued.
- Please notify us of all routine medications and significant health history including any history of “cold sores.” We ask that you remain on your daily medications unless instructed otherwise. At the preoperative appointment, our nurse will tell you which daily medications to take with just a sip of water on the morning of surgery.
- At your preoperative appointment you will be given prescriptions for use following surgery including an oral antibiotic and pain medications. Please obtain these prescription medications before your surgery so you will have them ready for use after surgery.
- Start swelling medication when you arrive home and at bedtime. Then follow package directions. Take with food.
- Take Vitamin C (ascorbic acid), which helps promote healing, before and after surgery. Take Arnica, a natural herb that significantly decreases bruising, as directed.

### **Diet**

Avoid dairy products for five days following lip augmentation surgery. Advance diet from liquids to soft food (oatmeal, French toast, soup, pasta) to your regular diet as tolerated.

### **Activity**

Rest for entire day after lip augmentation surgery. Sleep with head of the bed elevated or use two to three pillows for one week after surgery. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb on to your lap. No driving for one week following lip enhancement surgery. After 24 hours, keep incisions dry except for cleaning and ointment. Bathing is ok as long as you don't get your incisions wet. You are encouraged to shower and wash your hair in the morning before coming for suture removal (usually post-op day five). Bruising can be camouflaged at one week postoperatively with make-up. Always protect your face from the sun. At this point, a hat and sunglasses are a good idea. Following surgery, our staff will tell you when it is ok to apply sunscreen, cosmetics or facial creams. Avoid unprotected prolonged sun exposure for three months following lip augmentation

## **Appointments**

Your first postoperative lip augmentation appointment will be on the next morning following surgery. Sutures will be removed approximately five days following your surgery.

## **Please Remember!**

Swelling, bruising and disrupted sleep are very normal postoperative symptoms and will decrease as the healing process occurs.

## **Final Result**

Following lip augmentation procedures, it takes time for the swelling to subside and for the skin to heal. At three weeks postoperatively, swelling and bruising may be apparent to you but not to many of your coworkers and closest friends.

Final results following a lip augmentation procedure are not apparent for one full year following surgery. After three months, the changes are ever so subtle, although still important. Being perfectionists about our work, you may tell us you are pleased long before the one year anniversary. However, we request that you follow-up with us at that time for postoperative lip augmentation photographs and so that we can enjoy your final result.

## **For faster recovery:**

- Keep ice packs applied to your lips for the first 48 hours
- Limit talking and chewing should be limited during the first 48 hours
- Limit smiling and laughing for the first week
- Sleep in a semi-upright position for the first week or so (do not sleep on your stomach)
- To avoid unnecessary swelling or bleeding, do not bend over, strain, exercise or do any other activities that could increase pressure to your lips
- Avoid strenuous activities for 1-3 days
- Keep the lips clean to avoid infection (antibiotics may also be dispensed)