



SUBNASAL LIP LIFT

POST-CARE DIRECTIONS:

Your healing time will be dependent upon the size of the incision, but you should start to see the results in approximately 1-2 weeks. It is important to keep the area protected so that it can heal properly and for the best results.

- For the first 2 to 3 days, use cold compresses to minimize swelling and discomfort.
- Sleep on your back, head elevated for 1 week, at a 30° incline, approximately 3 pillows.
- You can wash Surgical area 48hrs after your procedure.
- Follow post-care wound cleaning directions; clean with sippy water 2-3 times a day.
- After cleaning, apply a layer of Aquaphor or Petrolatum to all incisions a minimum of 2-3 times daily.
- Eat a soft diet, take small bites with no wide mouth movements.
- Keep your lips moisturized.
- Brush your teeth gently, using a small or child's size toothbrush.
- Refrain from smoking.
- Stay hydrated and eat a healthy, well-balanced diet. Avoid restrictive diets and avoid alcohol while healing.
- Limit physical activity for 2 weeks.