

# KAROL A. GUTOWSKI, MD, FACS

*AESTHETIC SURGERY*

*CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY*

*MEMBER AMERICAN SOCIETY OF PLASTIC SURGEONS*

## AFTER CARE INSTRUCTIONS for LIP PROCEDURES

### MEDICATIONS

- You may be prescribed narcotic pain medication which you should take as needed and directed. While most of these medications are prescribed to be taken 1 to 2 pills every 4 to 6 hours, you may find it better to take 1 pill every 2 to 3 hours if the effects start wearing off too soon. However, do not exceed the prescribed amount per day.
- As your pain decreases, you may switch to over the counter Tylenol (acetaminophen). Keep in mind that you should not take more than 4000 mg of acetaminophen per a day. Your narcotic medication may also contain acetaminophen so you need to be aware of your total dose from all the medications you are using.
- Ibuprofen (ie-Advil, Motrin) or naproxen (Aleve) may be started the same day as your surgery and may be used together with your narcotic pain medications and/or with acetaminophen. However, do not use ibuprofen or naproxen if you have had problems with stomach ulcers, kidney problems or if you have been told by a doctor not to use nonsteroidal anti-inflammatory drugs (NSAIDs).
- Purchase an over the counter stool softener (Metamucil, Colace) while taking narcotic pain medication. This helps avoid constipation.
- You may resume taking your routine medications, unless your physician instructs you differently.

### DIET

- You may eat your normal diet.
- Do NOT drink alcohol for 24 to 48 hours after surgery or while taking narcotics.

### ACTIVITY

- **FACE WASHING:** You may wash your face and shower the same day but do NOT rub or touch your lips. Let the water run over the incisions and gently dab dry.
- **INCISION CARE:** Apply Vaseline or antibiotic ointment to the incisions three times per a day of three days only.
- **SLEEPING:** Sleep in a comfortable position.
- For the first few times, you may need assistance getting into and out of the bed/chair.
- **DRIVING:** Do not drive while taking narcotic medications.
- **CAUTION:** Do NOT do strenuous activities the same day of the procedure.

### WHAT TO ELSE TO EXPECT

- Some pain and discomfort for a few days.
- You may notice a small amount of drainage from the incision sites on the first one 1 to 2 days. This is normal. You may cover with gauze and secure with paper tape.
- If there are any sutures, they will be removed in about one week after your procedure.
- Do not be overly concerned if you notice a decreased sensation in the areas. It may take a few months for full sensation to return.
- The treated areas will feel swollen and bruised, and you may feel some burning. The bruises may get worse for 1 to 2 days and last for several days. This is NORMAL. Please be patient as it may take a few weeks to see your final results.

## **SCAR MANAGEMENT**

See Incision and Scar Care instructions

### **WHEN TO CALL DR. GUTOWSKI:**

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room