



**1072 Troy Schenectady Rd. Latham, NY 12110**

**PATIENT PRE/POST OP INSTRUCTIONS  
RECONSTRUCTIVE LIP SURGERY**

1. Shower the night before the surgery using an antibacterial soap. Gently wash your face the morning your surgery is scheduled. No Make-up day of surgery.
2. Wear a button down shirt and comfortable pants the day of surgery.
3. Sleep on your back or side with head elevated after surgery. (Head above your heart)
4. DO NOT TAKE ASPIRIN OR MEDICINES CONTAINING ASPIRIN for 14 days and then only on the advice of your personal physician. Other routinely taken medications may be taken as necessary.
5. Some swelling, bruising and numbness are normally present after surgery. Therefore, cold compresses can be applied frequently the first 72 hours after surgery to help reduce swelling. Twenty minutes on~ twenty minutes off while awake.
6. Incisions are usually inside the lips, but sometimes may need to be placed at the border of the lip. If you have an external incision, the suture line should be cleaned 2 to 3 times a day with a Q-tip or cotton balls and Hydrogen Peroxide. An antibiotic ointment should be applied after cleaning so that a crust (scab) does not have a chance to form at the suture line. Use Bacitracin or Polysporin.
7. You may be up and around the day after surgery, but some natural fatigue may persist for 2 to 3 days.
8. After surgery you may experience possible numbness, swelling and difficulty chewing or speaking. Therefore a soft diet may be preferable.
9. Light non-contact exercise should not be resumed until 1- 2 weeks post surgery and strenuous sports require 6 weeks of healing before being safely resumed.
10. Begin taking your prescribed antibiotic with food after your surgery.
11. Any unexplained development of pain, facial swelling or fever should be reported to us Immediately.

Finally, it is very important to your well being that you follow completely all instructions given you by this office, and that we check your progress regularly following surgery.

***DON'T TAKE ANY CHANCES!*** If you are concerned about anything you consider significant, please call **(518) 786-7000**.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Edwin F. Williams III M.D., F.A.C.S.