Precautions After Philtrum Reduction (Upper Lip Lift)

Posture

1. Sleeping on your back with your head elevated above your heart for 3~4 days after surgery (a recliner would work best) can reduce swelling/edema. However, it is not a 'must-do' posture, so if you feel uncomfortable, you can just sleep flat on your back.
2. It is recommended to sleep face-up and avoid sleeping on your side or face-down for up to 1-month.

Meals

1. It's recommended to have soft foods that don't require much chewing, as it might be challenging to close the mouth tightly. Please refrain from consuming any kind of hard, chewy foods as they could strain the surgical area.
2. Please avoid strong-tasting, spicy foods.

Swelling

1. Most major swelling usually subsides within 1 week, but the minor swelling may persist for more than 1 to 3 months after surgery.
2. For cold compress, you only have to do it until first 3 days after surgery. After that, cold compress won't be as effective so please stop using it.

Wound Care

1. The stitches removal will be performed within 7 to 10 days, depending on the condition of the wound.
2. Please apply the prescribed ointment using a cotton tips, twice a day (morning and evening).
3. Please do not pick the scabs off yourself. Removing the scab intentionally can increase scarring and slow healing. They will fall off once the wound is healed.

Wound Area After Surgery

1. It is advisable not to open your mouth widely or laugh too wide.
2. Avoid any activities that could strain the mouth area.

Shower

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1. Please ensure that the surgical area remains as dry as possible, and light showers/bath are permissible from the day of the surgery.
2. Sauna or steam bath is not allowed for at least 1 month after surgery.

Exercise

Light exercise is possible 2-week after surgery. Strenuous exercise (gym workouts, hiking, swimming, etc.) can be resumed starting from one month after surgery.

Face Washing, Shower & Makeup

1. Until the stitches are removed, please try to keep the surgical area as dry as possible.
2. Face washing and light makeup (basic makeup, foundation, etc.) are permitted starting from the day after stitch removal day. When washing your face, please do it very gently without rubbing your face and the surgical area too hard.
3. Saunas, steam bath, and swimming are prohibited for 1 month after surgery.

Medication

1. It is important that you take the prescribed medicine regularly at the same time every day, and if you experience symptoms such as diarrhea, or rash, please stop taking it and contact our hospital.
2. The prescribed medication contains painkillers, but if you still experience significant pain after taking it, you may additionally take Tylenol.
3. Since multi-vitamin (especially, vitamin E) can cause bleeding, it is recommended to avoid taking it for at least 1-month after surgery, unless it is necessary. (Please avoid taking aspirin for 1-week after surgery.)
4. It is advised not to take anti-inflammatory medicines because it can cause bleeding.

Alcohol Drinking & Smoking

Smoking and drinking are prohibited for 1 month after surgery due to their negative effects on bleeding, wound healing progress, and infection.

Post-Surgery Progress

Precautions After Philtrum Reduction (Upper Lip Lift)

The tightness around the philtrum area when moving your lips or smiling will persist for about 2-3 months.

Emergency Hotline

If you experience difficulty in breathing or severe dizziness within 1-2 days after surgery, please contact your consultant-in-charge or if you can't reach us after business hours (after 7 PM), kindly contact our emergency number **(02.512.1288)** IMMEDIATELY and make a visit to our hospital.