

# Lam Facial Plastics

Samuel. M. Lam, M.D., F.A.C.S.

## *Discharge Instructions for Lip Reduction:*

- Keep your head elevated for the next two days to reduce swelling.
- Keep an ice pack on the procedure site (on/off for 20 minutes at a time) for the next two days to reduce swelling. Always put a barrier between the ice pack and your skin to prevent a thermal injury to your skin.
- Apply ample amounts of Bacitracin to the lips to keep them moist. Should they become reddened or itchy, you may switch to plain petroleum jelly. Continue wound care for 7 days. Discard the supplies after one week.
- You may shower the next day. Your sutures will dissolve on their own.
- You have been given a medication called Vicodin (Hydrocodone) to control your pain. You may take 1-2 pain pills every 4-6 hours as needed for pain for the first couple of days. Always take it with food and never drive whilst using it. After discontinuing the narcotic, you may use Tylenol for any discomfort.
- You have been given a steroid (anti-swelling) medication called a Medrol Dose Pack. You should take the pills as directed until they are gone. This could cause you to feel a bit shaky or have trouble sleeping. Do not stop taking the medicine abruptly.
- It is normal for you to experience swelling that will peak at day 3 or 4. Eat soft foods and brush your teeth gently for the first week.
- Return to the office in 7 days for a follow up visit.
- Should you have any questions, please contact Dr. Lam. He can be reached at 972-312-8188 during regular office hours Monday through Friday (9am-5pm) and at 214-346-1388 after hours.