

**J. Jason Wendel, M.D.**

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# Recovery Instructions

**LIP AUGMENTATION WITH IMPLANT**

**Lip Augmentation can be performed by injection of fillers, fat injection or with lip implant. These instructions are for lip augmentation with lip implant. For injectable filler or fat transfer see separate instruction sheet.**

This is an outpatient procedure and may be done in the office under local anesthetic. If you took medication that affects alertness, have someone drive you home after surgery and help you at home for the first day.

Get plenty of rest; follow a balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to increase fluid intake.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

**Activities**

Walk as soon as possible, this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking narcotic pain medications.

You will likely be able to resume social and employment activities in less than a week.

No strenuous exercise or activity for 1-2 weeks.

Avoid body contact sports for 4 weeks.

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 4 weeks.

**Incision Care**

You may bathe or shower the next day after surgery.

Keep incisions clean, dry and inspect daily for signs of infection.

Keep head elevated; sleep with head on 2 pillows or in a recliner.

You may use cool compresses for comfort and to help decrease the swelling.

**What To Expect**

Maximum discomfort should occur in the first few days and is usually minimal.

After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.

You may experience numbness around the area.

Bruising, swelling, numbness, and tightness of skin can last for 1-2 weeks.

**Appearance**

Swelling and some bruising in the area for about 1-2 weeks.

By the third week, you will look and feel much better.

Final result is not fully realized for approximately 3 months.

**Follow-Up Care**

Intra-oral sutures are dissolvable; they do not require removal.

**When To Call**

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness or drainage along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.

**Managing Refill Prescriptions**

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.

PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends.

Messages received after hours or on weekends will be processed the next business day.

**For Medical Questions, Please Call:**

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.