

Recommendations around the time of surgery

- Clothing to wear to the Purity Bridge – we recommend you wear a button or zip top for ease and comfort (such as a tracksuit top). This will mean you do not have to worry about pulling clothes over your head
- Keeping your hair clean – use tea tree shampoo for daily gentle hair washing and dry your hair with a hair dryer on a cool setting
- Sleeping – we suggest sleeping with extra pillows (or alternatively a wedge triangular pillow). This will help reduce the post-operative swelling
- Do not bend forwards for the first couple of weeks to minimise problems with swelling – if you need to pick something up from the floor, please keep your head elevated and squat down. Similarly, when putting on shoes, please sit down and bring your feet up, rather than bending down
- You will have a check-up with the nurse one week after surgery at which time the stitches will be removed.
- Take things easy & slowly after surgery. Gentle pottering about, no heavy lifting or jumping up and down for first 2-weeks
- After 4-weeks you can get back to normal exercise
- Driving – you should be able to drive after surgery
- Scar care – moisturising your scars regularly is important, from 2-weeks after surgery. In addition, using silicone gel on the scars can help them to settle down more quickly
- Make up and SPF factor of over 30 can be worn after surgery provided scars are healed. This is usually around 2 weeks after surgery.
- Arnica – some people find using arnica cream or tablets very helpful for their bruising and swelling

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Any form of surgery carries a degree of risk. An individual's choice to undergo a surgical procedure is based on the perception and balance of risk and benefit. Although the majority of patients do not experience complications, it is important to consider them carefully in relation to how they might affect you if you were in the position to experience one (or more). If you have any questions or doubts you must discuss these with your plastic surgeon and postpone surgery until you are happy.

WHAT YOU NEED TO KNOW ABOUT THE POSSIBLE EFFECTS OF SURGERY AND POTENTIAL COMPLICATIONS

Swelling

This is normal following a lip lift and reaches a maximum about 2-days following surgery before starting to settle down. Sometimes it may last up to 3-weeks and very occasionally up to 6 or 8-weeks in some patients. Whilst your lip is swollen, your smile might be affected as the upper lip is not as supple as normal. This is temporary and can last around 4-weeks.

Patient initials

Alteration in skin pigmentation (discolouration and bruising)

Bruising usually comes to the surface within a few days and then gradually resolves over 2-3 weeks. Very occasionally extensive bruising can take many weeks to totally resolve. These problems are more often seen in patients with thin, hypo-pigmented and transparent skin. Patients with darker complexions should be aware of the possibility of residual brown pigment being left behind if the bruising takes a long time to settle. Make-up can be used to cover up the signs of bruising while it resolves.

Patient initials

Bleeding (haematoma)

Although extreme care is taken to minimise bleeding, occasionally a blood vessel will start to bleed after the operation producing a swelling or mass of blood (called a haematoma). The haematoma is usually noted within the first 24-48 hours after surgery and may require further surgical exploration to drain the collection of blood and stop the bleeding. This is uncommon after a lip lift.

Patient initials

Infection

Rates of infection in lip lift surgery are low, despite the proximity of the nose to the wound. This is because the face has an excellent blood supply. If an infection does occur, antibiotics will be prescribed. Very uncommonly, it may be necessary to go back to the operating theatre to clean out an infected area.

Patient initials

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Nerve damage

Possible nerve damage involving sensory nerves to the lip area is very uncommon, as the surgery takes place on a much more superficial level than the nerves. However, some people might experience prolonged altered sensation around the scar.

Patient initials

Delayed wound healing

In some people the wounds take longer to heal than in others: this may be due to having had a mild infection of the wound, due to a reaction with the stitches or from “overdoing it” straight after surgery. Normally this is a minor inconvenience, which can be managed with special dressings as an outpatient. Very uncommonly it can lead to a more severe infection developing.

Patient initials

Suture spitting

Stitches (sutures) that are designed to dissolve sometimes do not dissolve as quickly as they are meant to. On these occasions, there is a chance that they can work their way out of the wound and appear as sharp prickly filaments, occasionally with a surrounding area of redness on the skin. Should this occur, it is nothing to worry about, and can be dealt with simply in the outpatient clinic. Any sutures that are spitting out of the wound can be removed in the clinic, and the wounds should then heal over these areas uneventfully.

Patient initials

Broken blood vessels

With any skin lifting surgery it is possible to cause some broken capillaries in the skin. This is more so if this condition already exists. Skin treatment may be recommended if this is obvious.

Patient initials

Asymmetry

No-one has absolute facial symmetry – there are always differences between right and left halves of our faces. This is predominantly due to differences in the bone structure but also contributed to by the overlying soft tissues. Following a lip lift, sometimes these differences become slightly more noticeable. It is important to be aware of this possibility prior to undergoing surgery.

Patient initials

Scarring

Scarring will occur whenever the skin is cut and of course, every effort is made to place scar right up into the nasal crease where it will not be detected by the unknowing observer. Although scarring on average is minimal, scar maturation varies from person to person and occurs over 6-12 months, with scars passing through a red, itchy and lumpy phase, prior to settling down to thinner, softer less distinct lines. If your scar has a tendency to thicken, it may require steroid injections to help it settle down. In some cases, minor surgical scar revision surgery may be needed. Whilst the scars are red they are easily camouflaged with make-up.

Hypertrophic or keloid scars can occasionally occur – these are thickened and lumpy scars that are more common in people of Asian or Afro-Caribbean descent. Should these occur, the best ways of treating them will be discussed with you

Patient initials

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Relapse/stretch or recurrence

There will always be a degree of tissue relaxation after a lip lift. This typically happens after a few months. Therefore, the result seen at 3-months will be more lifted than that seen at a year (although this will still be lifted compared with your pre-operative appearance). It is important you are prepared for this change and allow for it in your mind when going ahead with the procedure.

Patient initials

Under- or over-correction

Every effort will be made to produce the best result possible in your individual situation. However, sometimes you might feel that the result is slightly under or over-done. This is a risk in any surgical procedure, and one that you will need to discuss with your surgeon. Each lip lift is tailored for the individual, in order to try to meet their goals, bearing in mind their anatomy and other factors that will be raised during your consultation. It is important to understand that “perfection” is not a realistically achievable goal in any plastic surgery procedure, and that the behaviour of biological soft tissue is variable. Should you feel that your lip lift is under-corrected and warrants further surgery, this will be charged for if it is deemed appropriate to go ahead (after follow-up consultation with your surgeon). Over correction is more challenging to deal with and will be discussed with you if you are concerned about this.

Patient initials

Coronavirus and COVID-19

The Coronavirus Disease (COVID-19) global pandemic has had an impact on all of our lives. Despite the anticipated “worst” of the disease and the consequences being allegedly over, the disease still exists and can have an impact on surgical and non-surgical procedures. The disease can be acquired in the community and in healthcare settings, and it is impossible to determine accurately how someone might have caught the disease. It is therefore important that you appreciate that if you develop COVID-19 following your procedure, it is not possible to determine whether you caught it during your treatment (e.g. from medical staff or the clinical setting) or whether it was acquired elsewhere.

Furthermore, if you are an asymptomatic carrier of Coronavirus (even if a recent test for Coronavirus has been negative), there is evidence that symptoms can develop after a surgical procedure, particularly with a general anaesthetic. This risk must be acknowledged and accepted if you are to proceed with treatment. Should symptoms develop they could impact on your post-surgical recovery, and even require transfer or admission to an NHS hospital.

Patient initials.....

I acknowledge that I have read and understood the nature of a lip lift operation. I have read the information provided to me and I understand the potential risks and complications associated with this procedure. I agree to follow the postoperative care instructions given to me, including attendance at the postoperative follow up appointments, compliance with instructions to stop smoking/nicotine products (when relevant) and cessation of exercise and heavy lifting during the recovery after surgery. I agree to communicate any concerns I may have in a timely manner and to inform my surgeon of any changes in my health or circumstances that may affect my suitability for, or recovery from lip lift surgery.

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PURITY BRIDGE CLINIC
CHECKLIST for Lip Lift Pre-Operative



- **I, the undersigned, acknowledge that I have read and understood the nature of a lip lift operation. I have read the information booklet provided to me and I understand the potential risks and complications associated with this procedure.**
- **I further recognise that during the course of an operation, medical treatment or anaesthesia, unforeseen conditions may necessitate different or additional procedures. I therefore authorise my surgeon and attendant medical staff to perform such procedures as deemed necessary by their professional judgement that are in my best interest.**
- **I consent to the administration of such anaesthetics considered necessary and advisable. I understand that all forms of anaesthesia involve risk and the possibility of complications.**
- **I acknowledge that no guarantee has been given by anyone as to the results that may be obtained.**
- **I agree that all has been explained to me in a way I understand regarding the procedure(s), risks, potential benefits and possible alternative treatments.**

Patient signature

Patient name.....

Date.....

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