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## **LIP REDUCTION INSTRUCTIONS**

### **AFTER CARE:**

- Follow a STRICT LIQUID DIET for the first 48 hours. Smoothies made in a blender are ok. DO NOT USE A STRAW. You can use a spoon.
- STRICT SOFT FOOD for 2 weeks. Pasta, soup, bananas, mashed potato, etc. DO NOT bite into anything, instead, cut food into small pieces and use a spoon to feed yourself.
- Limit talking on the phone and in person for 2 weeks. Use texting.
- DO NOT touch your LIPS or NOSE without washing your hands FIRST.
- Clean the lips with Hydrogen Peroxide and cotton balls at least 3 times a day then apply Bacitracin Ointment.
- Rinse your mouth with Peridex Gargle (Prescription) five times a day.
- DO NOT brush your teeth for the first 48 hours. After that brush gently and be careful not to snag any stitches.
- The stitches can be removed in 2 weeks. Any stitch that comes loose prior to that can be trimmed but do not pull on it.
- Complete the 7 days of Valtrex (Prescription).
- Do not schedule dental work for 3 months after your lip reduction.
- Excess pain, yellow discharge or fever is not normal. Please call us immediately at (908) 470-2600 or email [tjanjua@drtjanjua.com](mailto:tjanjua@drtjanjua.com). You can also try reaching Dr. Janjua on his cell phone at (908) 268-9350 by texting or calling.