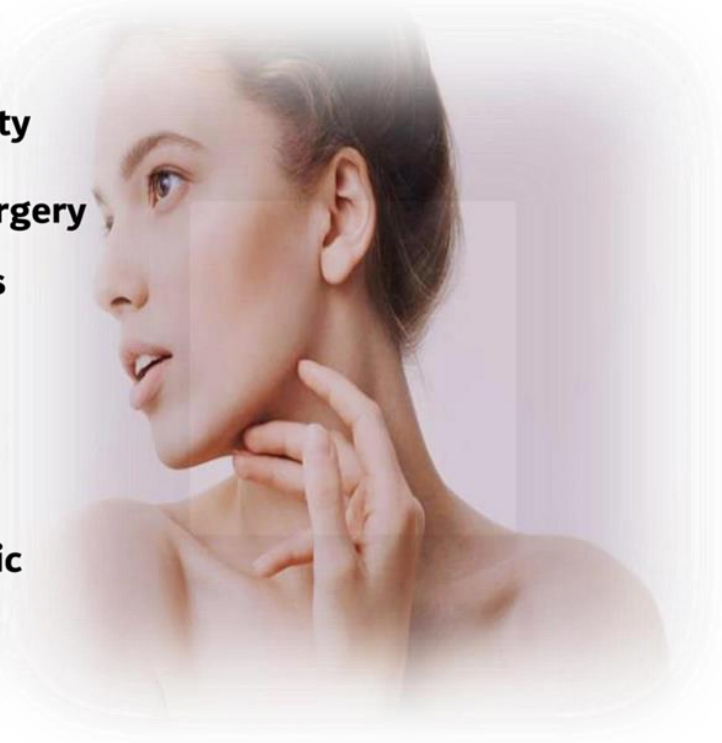


Dr. Ashraf Abolfotooh Khalil

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- Consultant of Plastic & Reconstructive Surgery**
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Lip Reduction

Breast and Body Plastic and Reconstructive Surgery Clinic

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What is Lip Reduction?

Lip Reduction Surgery is a surgical procedure done to reduce the size of the upper or lower lips. Lips should be harmonious with other facial features. Moreover, the upper and lower lips should be in a correct natural balance. If the size of your lips is too big in proportion to the rest of your facial features or in relation to each other and you want to improve their appearance, this surgery is for you.

Before the Surgery... Preparation and Expectations

A detailed interview is conducted with our medical team covering the following:

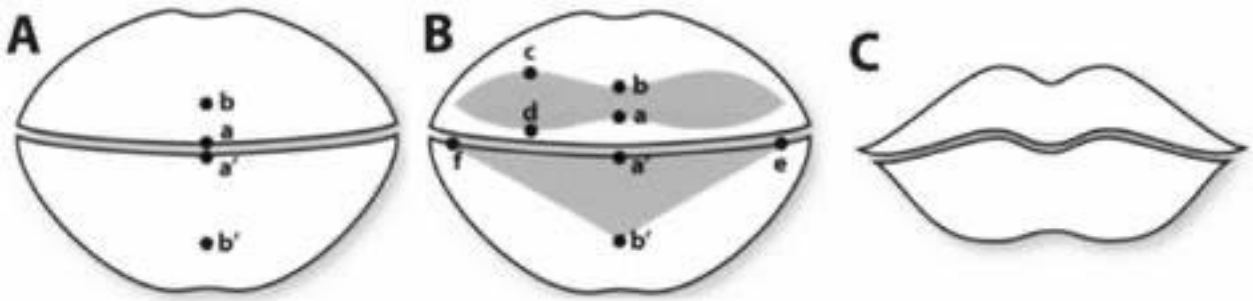
- Review of your medical history, previous surgeries and past or current conditions.
- Review of the results of the physical examination as well as the laboratory tests.
- Photographs of your lips from different angles.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your surgery will be performed and the date of operation.

Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, 1 week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by our medical team.
- Stop smoking, 3 weeks before the surgery.
- Arrange for someone to drive you home after surgery.
- Arrange for resting at home for at 3-5 days after the operation.

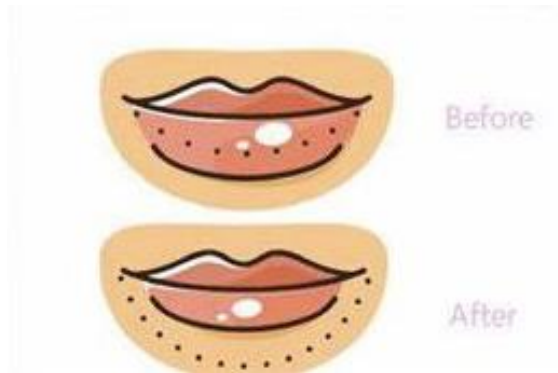
During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Usually, local anesthesia with sedation is applied to help you relax.
- **Procedure Steps:** We start by injecting the lips with a local anaesthetic. Then, a horizontal incision is made on the inner side of the lip mucosa. The excess lip mucosa, fat and muscle are then removed, and the cut is closed. Lip incisions are typically closed with absorbable sutures. Sutures will not be removed in most of the cases because they will be absorbed on their own.
 - The surgery lasts for 1-2 hours depending on the surgical details and patient's situation.



After the Surgery

- You can leave the hospital later the same day of the operation.
- Stitches are absorbable and you will not need to remove them after the surgery.
- You may temporarily experience:
 - Swelling of your lips
 - Minimal bleeding and bruising
 - Scar sensitivity
 - Numbness
 - Pain or discomfort



Post-Procedure Precautions

1. Use ice packs on your lips for 10 minutes every hour the night after surgery. The following day, use ice packs on your lips 4-5 times throughout the day.
2. Gently clean your lips and use the prescribed mouthwash after every meal.
3. Avoid vigorous or aerobic activity or sports for a week after the surgery.
4. Avoid smoking.
5. Avoid Alcohol.
6. Avoid rubbing your lips.
7. Sleep with your head raised higher than your chest for one week.

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8. Avoid aspirin, ibuprofen (Advil, Motrin IB, others), naproxen sodium (Aleve, others), naproxen (Naprosyn), and other medications or herbal supplements, for one week after the surgery, as this may increase bleeding. Stick only to the medication prescribed by our medical team.
9. Limit your dietary salt intake to help faster swelling recovery.

Recovery and Results

- Results of lip reduction surgery will be long-lasting. While there usually is little pain involved in this surgery, there can be swelling or bruising. Most patients are presentable to the public in 7-10 days. However, it may take a few months before final healing is completed.
- Scars from the surgical cuts may take months to fade. However, lip mucosa usually recovers fast, and the scars are unnoticeable.

Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visit (once a month) during the next 6-12 months.

Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of lip reduction surgery are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Generally, the risk associated with lip surgery is minimal and rarely occurs. However, possible risks include:

- Infection and bleeding
- Delayed wound healing.

Medication

R/Tavanic 500 mg	One tablet daily for 5 days
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Hexitol mouthwash	Three times daily and after every meal or drink
R/Alphintern	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
R/Controloc 40 mg	One tablet before breakfast for 10 days

Cited in:

- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>
- <https://msprs.org.my>

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