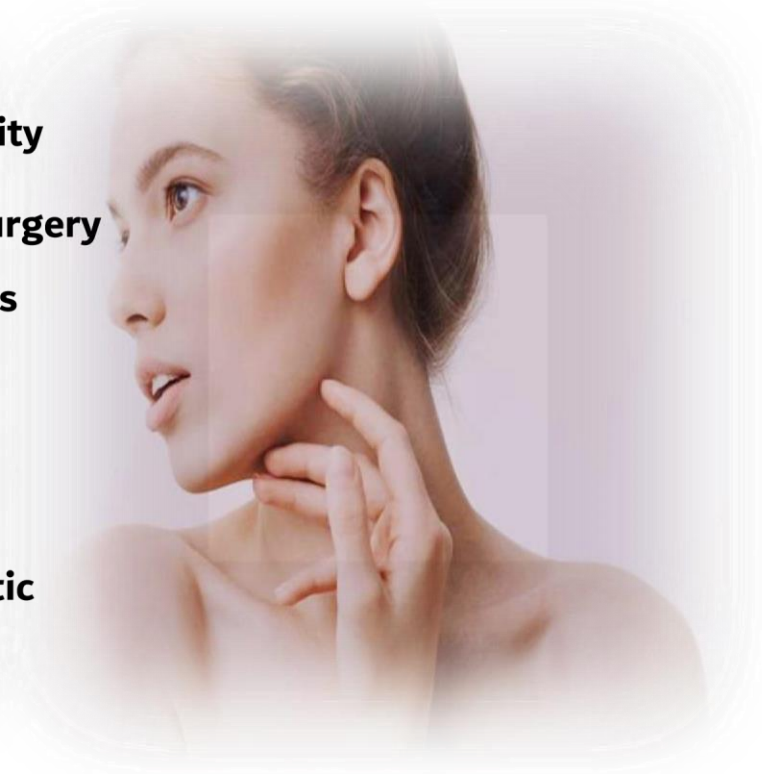


## **Dr. Ashraf Abolfotooh Khalil**

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# **Upper Lip Lifting**

**Breast and Body Plastic and Reconstructive Surgery Clinic**

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## What is Upper Lip Lifting?

Upper Lip Lifting Surgery is a surgical procedure done to reduce the distance between your upper lip and base of the nose. If your upper lip is excessively elongated and you would like to improve its 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 1 week 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:** First, we mark our incisions. Then, we start by injecting the lips with a local anaesthetic. There are two different techniques for this procedure:

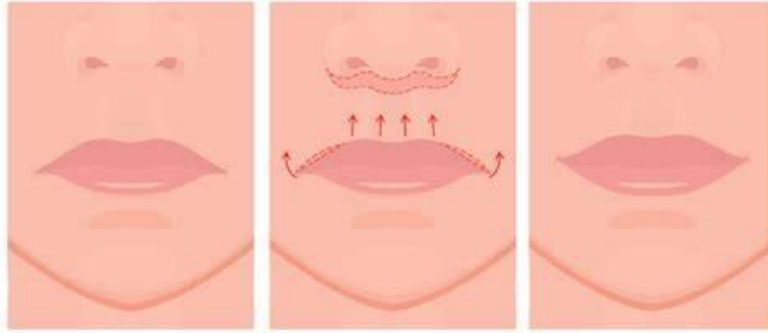
**Subnasal Lift:** An incision is made along the lower edge of the nose, at the junction between the base of the nose and the upper lip. Then, we remove the excess skin and a thin strip of muscle. The upper lip is lifted and pulled up by suturing the edges of the wound back together in layers.

**Vermillion Advancement:** In this technique the incision is done along the upper lip border (the vermillion) and a segment of excess skin is removed and sutured back together to lift the upper lip and shorten it.

The surgery lasts for 45min -1 hour depending on the surgical details and patient's situation.

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### After the Surgery

- You can leave the hospital or the center the same day of the operation.
- 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 wounds as described by the medical team.
3. Avoid vigorous or aerobic activity or sports for a week after the surgery.
4. Avoid smoking.
5. Avoid Alcohol.
6. Avoid Sun exposure.
7. Avoid rubbing your lips and nose.
8. Sleep with your head raised higher than your chest for one week.

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9. 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.
10. Limit your dietary salt intake to help faster swelling recovery.

## Recovery and Results

- Results of upper lip lifting 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 10-14 days. However, it may take a few months before final healing is completed.
- Scars from the surgical cuts may take months to fade.

## 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 upper lip lifting 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
- Delayed wound healing.
- Visible Scars

## 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/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

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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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