

# Upper Lip Lift Aftercare

Recovery guidance following an upper lip lift, based on Waterfront Private Hospital's patient information. This online guide should be used alongside the specific instructions given to you by your surgical team.

Typical recovery: Stitches out at 6–7 days; swelling settles in 1–2 weeks; final result at 4–6 months · Reviewed 4 July 2026 · Version 1.0

## When to get help — your traffic light guide

### RED

#### Call 999 or go to A&E now if you have:

These can be life-threatening. Do not wait to call the hospital first.

- Bleeding that will not stop
- High temperature (over 38°C) with confusion or unusual drowsiness

### AMBER

#### Contact us now — do not wait — if you have:

- Increasing pain, redness, swelling or discharge around the incision (possible infection)
- Fever
- Severe pain not controlled by simple painkillers

**Office hours (Mon–Fri 9am–5pm):** 0131 376 3785

**Evenings and weekends during your early recovery:** Out-of-Hours Nurse Advice Line 07405322689 — our nurse can advise you, contact your surgeon, or direct you to NHS services.

**After your early recovery period:** call the hospital in office hours, or NHS 24 on 111.

Had your surgery at Spire Shawfair Park (overnight stay)? Contact Spire directly using the number on your discharge paperwork — not the Waterfront advice line.

### GREEN

## Tell us at your next appointment:

Anything else that is niggling or worrying you — no concern is too small. Mention it at your next appointment, or call us during office hours.

## Related Information Leaflets

Separate leaflets about the procedure itself — not the aftercare instructions above. Tap a title to download, or find them all on your procedure page in the portal.

- [Upper Lip Lift — Information](https://waterfront-patient-portal.netlify.app/waterfrontaftercare/lip-lift-info.pdf) (https://waterfront-patient-portal.netlify.app/waterfrontaftercare/lip-lift-info.pdf)

## How to Use This Information

The advice below is based on Waterfront Private Hospital's upper lip lift information. It is general guidance and may be adapted by your consultant for your individual circumstances.

Always follow the specific instructions given to you on the day of surgery. If there is ever a difference, follow your consultant's written or verbal instructions and contact us for clarification.

## Post-Operative Checklist

- Pain relief collected
- Follow-up appointment for suture removal (6–7 days) arranged
- Transport home arranged
- Emergency numbers saved to phone

## Wound Care

- The incision is usually placed under the base of the nose (or at the corners of the mouth)
- Keep the incision clean as advised by your surgical team — care is much the same as for other facial wounds treated under local anaesthetic
- Be gentle when brushing your teeth and rinse your mouth after eating while the wound heals
- Stitches are removed at 6–7 days
- Makeup can cover the scar once the stitches are out and the wound has sealed
- Protect the scar from the sun with SPF 30+ for the first year — the area under the nose is very sun-exposed, and UV can darken immature scars

- Following your scar care instructions is important; scars usually fade well over time

## Pain Management

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- Discomfort is usually mild
- Pain is typically manageable with simple painkillers

## Activity Restrictions

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- For the first week, try to avoid very wide mouth-opening and exaggerated lip movements (big yawns, large bites) — this limits tension on the healing incision, which matters most for the final scar
- Tightness, swelling and bruising fade within 1–2 weeks
- Follow your surgical team's advice on returning to normal activities

## Before You Go Home

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Before you leave, the nurse looking after you will make sure you have everything you need, including:

- Your painkillers — the nurse looking after you will go through them with you
- Suture-removal appointment (6–7 days) arranged
- Transport home arranged
- Emergency numbers saved to phone

## Your Recovery, Stage by Stage

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### Days 1–7 — Immediate Recovery

Mild discomfort with tightness and swelling; stitches removed at 6–7 days

#### WHAT'S NORMAL

- Mild discomfort
- Tightness, swelling and bruising of the upper lip
- Numbness around the upper lip (usually temporary)

## CARE ROUTINE

- Keep the incision clean
- Attend suture removal at 6–7 days
- Begin scar care as instructed

## COMFORT

- Simple painkillers are usually sufficient

## Weeks 1–2 — Early Healing

Swelling and bruising fade

## WHAT'S NORMAL

- Tightness, swelling and bruising fade within 1–2 weeks

## CARE ROUTINE

- Continue scar care
- Return to normal activities as advised

## COMFORT

- Minimal or no pain relief needed

## Months 4–6 — Final Result

Final result is assessed

## WHAT'S NORMAL

- Scar continues to fade
- Final lip shape and position settle

## CARE ROUTINE

- Continue sun protection and scar care as advised

## COMFORT

- No pain expected

## Follow-Up Appointments

**Week 1 — nurse appointment** — Wound check, dressing care and any suture removal; a chance to ask questions about your recovery.

**Further nurse reviews — as needed** — Some patients need further nurse reviews. If so, the nurses will arrange these with you and will discharge you from nurse-led care once they are happy your wounds have healed.

**Around 6 months — surgeon review (final follow-up)** — Your surgeon will usually see you at around 6 months to assess your final result. Your surgeon is always available to review you sooner if required, and in some circumstances may wish to see you before your final follow-up.

Your appointment schedule may vary. Always follow the specific dates and times given in your appointment card. Contact us if you need to reschedule.

## Frequently Asked Questions

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### What is recovery like?

Usually there is only mild discomfort, manageable with simple painkillers. Tightness, swelling and bruising fade within 1–2 weeks. The stitches are removed at 6–7 days, and the result is assessed 4–6 months after surgery.

### Will I have a scar?

Yes, but it is placed carefully to hide under the nose or at the corners of the mouth. Scars usually fade well over time, and following your scar care instructions is important.

### Does it change my smile?

A lip lift increases 'tooth show' when smiling, creating a brighter, more youthful appearance without altering the natural shape of your smile.

### What are the possible risks?

All surgery carries some risk, including visible scarring, asymmetry (uneven shape), infection, numbness around the upper lip (usually temporary), and dissatisfaction with the cosmetic result.