

Care of the Lower Lip Following CO2

You will need to have at home:

- Cotton tips/ cotton buds
- Vaseline
- Gauze Swabs
- Sterile Normal Saline
- Bactigras Gauze (Vaseline Gauze)

Treatment

Immediately after the surgery the lip will be dressed with Bactigras (a Vaseline impregnated Gauze) which will be folded over and laid on top of a layer of additional Vaseline. This dressing stays in place and collects much of the ooze that occurs from the lip.

At home, wash your hands before commencing treatment

- Soak the plain gauze swabs in normal saline
- Place the soaked gauze on the Bactigras covered lip for 5-10 minutes
- It may be necessary to remoisten with Normal Saline, use several new pieces of gauze over the 10 minute period
- Gently remove the Bactigras which should now be soft
- Wipe over the lip with the wet gauze removing any yellowish material, crust or scab that may have formed. If this is **VERY** tender and bleeding occurs stop and move onto next step
- Pat the lip dry with plain gauze
- Cover the lip with a layer of Vaseline
- Cut a strip of Bactigras, fold in half and lay onto the Vaseline covered lip
- Repeat this procedure whenever the lip is mucky or uncomfortable. It may require dressing changes every 2-4 hours
- Overnight treatment is not essential but if it is done once during the night it will certainly make the morning treatment less difficult
- Generally, the lip will take 2-3 weeks to heal and you will be required to continue your lip care for this period.
- We will see you weekly to check that your lip is healing as it should. After a week you may be able to move onto using Vaseline only.
- For the first couple of days you may find it helpful to drink through a straw, and eat food that is simple and easy to chew.