

## BUCCAL FAT REMOVAL POST OPERATIVE INSTRUCTIONS

### Introduction

The following is a list of general instructions for your care following your surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

### Immediate & Daily Care

- **Elevation:** Sleep with your head elevated the first week after surgery.
- **Ice Packs:** Apply cold compresses to the outside of your cheeks (20 minutes on/20 minutes off) for the first 48 hours.
- **Oral Hygiene:** Gently rinse your mouth with an over the counter mouth rinse (such as Listerine or Scope) after each meal and before you go to bed.
- **No Manipulation:** Do not touch, stretch, or pull on the corners of your mouth or cheeks.
- **Activity:**
  - No strenuous activity for 2 weeks
  - No heavy lifting for three weeks

### Dietary Restrictions

- **First 7 Days:** Stick to a soft food diet (yogurt, soup, smoothies, mashed potatoes).
- **Avoid:** Spicy, acidic, or hard/crunchy foods (chips, nuts) that could damage the incisions.
- **Hydration:** Drink plenty of fluids.

### Medication & Healing

- **Pain Management:** Take prescribed pain medication or Tylenol. Avoid NSAIDs (Advil, Motrin) as they can increase bleeding.
- **Antibiotics:** Take all prescribed antibiotics to prevent infection.
- **Smoking/Alcohol:** Avoid smoking for at least 2 weeks, as it severely slows healing.

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# Hamilton

FACIAL PLASTIC SURGERY

- **Recovery Timeline:** Swelling and bruising peak in the first few days and subside over 2-3 weeks. It will take 3 to 6 months to see your final results

## When to Contact Your Surgeon

- Fever over 102F
- Uncontrollable pain or swelling that increases after the third day.
- Excessive, bright red bleeding from the mouth.
- Pus or extreme foul taste in the mouth.

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