

BUCCAL FAT REMOVAL: POST-OPERATIVE INSTRUCTIONS

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.
- **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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