

---

## BUCCAL FAT REMOVAL POST OPERATIVE INSTRUCTIONS

### FIRST WEEK OF SURGERY

- MILD DISCOMFORT IS NORMAL AFTER BUCCAL FAT REMOVAL AND CAN BE EASILY MANAGED WITH YOUR PRESCRIBED PAIN MEDICATION. OVER THE COUNTER MEDICATIONS LIKE TYLENOL OR IBUPROFEN ARE ALSO ACCEPTABLE.
- SWELLING IS COMMON AND USUALLY PEAKS AROUND DAY 3. HOWEVER, IT IS ALSO NORMAL TO HAVE RESIDUAL SWELLING OR FULLNESS UP TO 2 - 3 WEEKS. USE COLD COMPRESSES FOR THE FIRST 48 HOURS FOLLOWING ~ 30 MINUTES ON, 30 MINUTES OFF.
- WHEN SLEEPING OR RESTING, KEEP YOUR HEAD ELEVATED, ABOVE YOUR HEART, FOR THE FIRST WEEK.
- DIET SHOULD BE LIMITED TO SMOOTH, SOFT FOODS. AVOID SHARP, HARD OR GRANULAR FOODS.

### SURGICAL SITE CARE

- DO NOT DISTURB, PLAY WITH OR PULL ON THE SUTURES. THEY ARE TYPICALLY DISSOLVABLE AND FALL OUT ON THEIR OWN, USUALLY 1 WEEK AFTER SURGERY.
- AFTER EACH MEAL, PLEASE USE THE PRESCRIBED MOUTHWASH FOR 1 WEEK. SWISH THE SOLUTION GENTLY TO HELP REMOVE ANY PARTICLES THAT MAY GET STUCK AROUND THE SURGICAL SITES.
- A SALT WATER RINSE ( $\frac{1}{4}$  TEASPOON SALT WITH 8 OUNCES OF WATER) SHOULD THEN BE USED FOR AN ADDITIONAL 5 DAYS

### ADDITIONAL POSTOPERATIVE INSTRUCTIONS

- DO NOT SMOKE OR CONSUME ALCOHOL FOR AT LEAST 4 WEEKS AFTER SURGERY. THESE ACTIONS CAN SIGNIFICANTLY DELAY YOUR HEALING PROCESS.
- AVOID HIGH IMPACT ACTIVITIES. LOW IMPACT ACTIVITIES LIKE WALKING ARE OK. ALL HIGH IMPACT ACTIVITIES SHOULD BE AVOIDED FOR AT LEAST 2 WEEKS.
- PLEASE CONTACT US IMMEDIATELY IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:
  - FEVER EXCEEDING 101 DEGREES
  - PROGRESSIVE OR ONE SIDED PAIN AND SWELLING
  - PROGRESSIVE BLEEDING, BRUISING OR SWELLING
  - EXTREME TENDERNESS AND REDNESS
  - BAD TASTE OR SMELL ACCOMPANIED BY DISCHARGE

IF YOU HAVE OTHER QUESTIONS OR CONCERNS PLEASE REACH OUT TO OUR TEAM. IF OVER THE WEEKEND PLEASE CALL 206-641-7212 AND FOLLOW THE PROMPTS.