



BUCCAL FAT REMOVAL POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your procedure. Following these instructions carefully will assist you in obtaining the best result from your surgery.

Buccal Fat Removal surgery is typically performed under local anesthesia with or without mild sedation. **If you are having IV sedation, you cannot drive for the first 24 hours after surgery and you will need someone stay with you for the first 24 hours.**

If you are having IV sedation, you CANNOT have anything to eat or drink after midnight prior to surgery. The morning of surgery, you may take your usual daily medications with a sip of water, unless directed otherwise.

Please wear clothing that buttons or zips up to your surgery. Avoid slipover shirts and turtlenecks.

Since the procedure is performed inside the mouth, there is no obvious appearance of surgery from the outside. Patients who have undergone Buccal Fat Removal typically recover very quickly from the procedure. However, it is normal to have swelling for a few weeks after surgery.

Rinse your mouth with salt water after each time you eat to avoid infection.

For the first 48 hours after surgery, sleep at night with your head elevated with 2 to 3 pillows.

To reduce swelling, use ice compresses regularly (20 minutes on, 20 minutes off while awake).

For pain and/or discomfort, take Tylenol 500-1000mg every 4 hours as needed (to a maximum of 4000 mg per day).

Use care when chewing right after your procedure until freezing has subsided and for the next several days, until the sutures have dissolved. We recommend a soft diet for the first week. **Do NOT** chew gum for the first 10 days following your procedure.

Most patients return to work in about one week following surgery, but you are encouraged to avoid strenuous exercise for several days after surgery.

Contact your physician if you develop any of the following:

- Excessive swelling or severe pain, uncontrolled by pain medication.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital or received medical care within 10 days of having your procedure.

You will be given an emergency contact number upon discharge