

BUCCAL FAT REMOVAL

Pre-Op Instructions for Buccal Fat Removal

Congratulations on taking the first step towards achieving your aesthetic goals with Buccal Fat Removal surgery. To ensure a smooth and successful procedure, please carefully follow the pre-operative instructions outlined below:

Night Before Surgery:

- **Nothing to Eat or Drink:** Please refrain from eating or drinking anything within 8 hours of your surgery, not even water. Failure to comply with this instruction may result in the cancellation of your surgery. However, you may take certain medications with a small sip of water (We will review these medications with you).
- **Antibiotics:** Take your first dose of antibiotics the night before surgery.
- **Set Up Home Recovery Area:** Prepare a comfortable recovery area in your home. This may include pillows, blankets, television, and any other items that will help make your recovery as comfortable as possible.
- **Bathing & Oral Care:** Shower and cleanse your face with antibacterial soap, but please avoid applying lotion, perfume or other skincare products. Use the prescription oral mouth wash after brushing your teeth the night before and the morning of surgery.

Day of Surgery:

- **Dress Comfortably:** Wear comfortable, clean, and loose-fitting clothes on the day of your surgery. We recommend warm loose-fitting clothing, a robe and slippers.
- **Avoid Make up, Jewelry, and Nails:** Please do not wear any makeup, cosmetic creams, or jewelry including facial/ear piercings on the day of your surgery. Avoid long, thick acrylic nails.
- **Oral Care:** Use the prescription oral mouth wash after brushing your teeth.
- **Medications:** Take any medications that our provider has told you to take the morning of surgery with only a sip of water. Bring your medications with you on surgery day.
- **Transportation:** Make sure you have arranged for someone to pick you up after surgery. You will provide us with their contact information. If you receive general anesthesia, you will not be able to drive yourself or take a taxi/uber.

What to bring with you:

- **Pre-op folder:** Bring your folder with all of your post op instructions
- **Medications:** Bring all prescriptions with you on surgery day.
- **Compression socks/TED hose:** Put your compression socks on prior to surgery.
- **Backpack:** Bring a back pack or small bag to keep your belongings in. Leave valuables at home unless you have a payment that is due the day of surgery.
- **Blanket:** Bring a small blanket.

By following these pre-operative instructions diligently, you will help ensure the safety and success of your Buccal Fat Removal procedure. If you have any questions or concerns, please do not hesitate to contact our office at **214-227-0668**.

We look forward to assisting you on your journey to a more confident and rejuvenated you.

Sincerely,
Noble Cosmetic Surgery

Post-Operative Instructions for Buccal Fat Removal

It is essential to follow these post-operative instructions carefully to ensure a smooth and comfortable healing process:

Medications:

- **Pain Management:** You will be prescribed pain medication to alleviate post-operative discomfort. If your pain is mild, you may opt to take Tylenol instead, but avoid combining it with the prescribed medication. Take your pain medication with food to minimize the risk of nausea. Do not take any NSAIDS (Ex: Aspirin, Ibuprofen, Motrin, Excedrin)
- **Antibiotics:** Take your antibiotics as prescribed. Finish all antibiotics.
- **Mouth Wash:** Use the oral mouth wash as prescribed twice a day and after each meal.
- **Arnica:** Take over the counter arnica tablets as directed. This will help with bruising and swelling.
- **Nausea:** Nausea is common after surgery, especially with anesthesia and strong medications. If you experience nausea, take the prescribed medication as directed.

- **Constipation:** Narcotic pain relievers and anesthesia can cause constipation. Start taking an over-the-counter stool softener (Dulcolax soft chews, Colace, Miralax) to avoid constipation.
- **Medications to Avoid:** Only take medications approved or prescribed by your surgeon to prevent complications.

Nutrition:

- **Diet:** Start with liquids after surgery. You can transition to a soft diet as long as you don't experience nausea or vomiting. If you experience pain and swelling while eating, choose softer foods that require minimal chewing. **You will remain on a liquid/soft diet for 1 week. Do not eat any spicy or acidic foods.** Increasing your protein intake will help with your healing process
- **Hydration:** Drink 8-10 glasses of water daily to stay hydrated. Even if you don't have much of an appetite make sure to drink plenty of water and protein shakes. Avoid alcohol for at least 48 hours and while taking pain medications.

Sleep:

- Sleep with your head elevated about 30-40 degrees (2-3 pillows). Keeping your body more upright will minimize swelling. Continue this for one to two weeks.

Ice Packs:

- Apply ice packs to your face for 15-20 minutes every hour for the first two days while you are awake.

Activity:

- **Movement:** It's crucial to move around immediately after surgery. Move your legs and ankles while lying down and take deep breaths to keep your lungs clear. Make sure to get up and walk every 2 hours while awake. This decreases your chances of developing blood clots and pneumonia.
- **Activity:** Normal daily activity may be resumed a few days after surgery. Any strenuous movements will increase blood flow to the area causing more swelling and pain to the surgical area.
- **Driving:** Refrain from driving or making important decisions while on pain medications. Wait at least 6 hours after discontinuing pain medication before operating a vehicle.
- **Travel:** Take breaks during automobile travel every 2 hours to prevent blood pooling and clots. Avoid airline travel for the first week post-surgery due to increased swelling.
- **Return to Work:** Most patients require minimal time off work, depending on job responsibilities.
- **Talking:** Avoid excessive talking, laughing, and chewing as this will cause more swelling and discomfort.

Bathing:

- **Showering:** You may shower the day after surgery.
- **Hot Tubs/Swimming Pools:** No hot tubs, swimming pools, or submerging face/mouth under water until incisions are healed.

Please adhere to these instructions closely to optimize your recovery and achieve the best possible results. If you have any questions or concerns, do not hesitate to contact our office.

Wishing you a speedy and comfortable recovery!

Post-Care Instructions: Incisions

How to Take Care of Your Incisions:

- **Incisions/Sutures:** Your sutures are dissolvable and do not need to be removed. Follow your oral care orders and maintain a mild/soft diet until the incisions inside your mouth are healed.
- **Eating:** AVOID opening your mouth more than 1 inch wide to prevent incision site separation (opening) for one week.

What to Expect:

- **Drainage:** Drainage from incision sites is normal for the first 24-72 hours, usually blood-tinged. If needed, use gauze to pad the inside of your cheek.
- **Mild Bleeding:** Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you do any strenuous activity, increase your blood pressure by straining on the toilet, sneezing, heavy lifting or bending forward you will aggravate the bleeding and swelling.
- **Numbness:** It is normal after surgery experience some decreased sensation around your surgical area.
- **Pain and Itching:** It is normal to experience tightness, pressure, shooting pain, itchiness, soreness, and fatigue for several days to weeks following surgery as you recover. You may use artificial tears or lubricating eye drops to reduce itchiness.

- **Weak or Dizzy:** You may experience some weakness or dizziness. This may be more evident if you try to stand up too quickly. Take a minute to go from lying down to standing. The sensation of feeling lightheaded will get better in a few days and by staying well hydrated.

Emergency Situations - When to Seek Medical Attention:

- **Signs of Infection:** Including spreading redness, increased drainage or pus, worsening pain, warmth at incision site, and fever over 101°F.
- **Excessive Bleeding:** If dressings are saturated with bright red blood and require frequent changes.
- **Other Emergencies:** Such as difficulty breathing, chest pain, severe vomiting, asymmetric swelling in your legs, or severe visual changes.

For any concerns, please call our office at 214-227-0668 or seek immediate medical attention by calling 911.

We're here to support you throughout your recovery journey.

Checklist for Buccal Fat Removal

Items to purchase:

1. Ice packs
 2. Arnica tablets (over the counter)
 3. Stool softner (Colace, Miralax, Dulcolax soft chews)
 4. Compression socks
- ✓ Prescribed Medications: Ensure you have pain, nausea, and antibiotic prescriptions, oral mouth wash
 - ✓ ASK OUR STAFF ABOUT OUR IV VITAMIN SERVICES (you can get this on the day of surgery & at your follow up appointment)