

Postoperative Instructions – Buccal Fat Reduction

Maximize your results after facial sculpting surgery with buccal fat reduction by following these basic post-treatment instructions. Please contact the office with any questions.

General

- Numbness in the cheeks, lips, nose, and teeth is common
- No smoking or alcohol
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. You will be advised you when you may resume taking these medications.
 - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- No herbal medications, supplements, or teas.
 - Increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea
 - Arnica montana herbal *tablet* may help reduce bruising and swelling.

Diet

- Advance slowly from liquids to very soft foods. No foods are allowed which require chewing for 1 week after surgery.
- Drink plenty of fluids. Do not chew gum. You may use a straw.

Activity

- Limit mouth or jaw opening and stretching for 1 week.
- Sleep with your head elevated for the first week, to help reduce facial swelling.
- Do NOT rub your nose, cheek, or chin, or put any pressure on these areas.
- Do NOT blow nose.
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open.
- Do NOT bend over or hang your head down.
- No heavy lifting, straining, strenuous activity, or sex for at least 2 weeks.
- No contact sports for 6 weeks.

Hygiene

- Be very gentle with brushing your teeth for at least 2 weeks.
- Rinse mouth after every meal with 50-50 mix of water-hydrogen peroxide or your prescription mouth wash. Internal sutures will dissolve after a short period of time.