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.
  o 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.
  o 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
  o 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.