

Pelosi Medical Center
BUCCAL FAT PAD EXCISION
POST-OP INSTRUCTIONS

Patient Name: _____

Birthdate: ____/____/____ MR #: _____

How you can expect to feel after surgery:

- Reduction of the buccal fat pads is associated with minimal to no discomfort and can be easily controlled with Tylenol.
- In some cases, bruising can develop but may not be seen until days later as a purple or yellowish discoloration along the sides of the mouth.
- Swelling is common after facial surgery. Swelling usually peaks at day 3 and subsides after that. It is not uncommon for some minor swelling to last 2-5 weeks after surgery. Each patient is different in their healing process.
- There are no dressings used for buccal lipectomies. You may apply ice to the cheek area the first night after surgery if it makes the area feel more comfortable. It is not absolutely necessary, however. Use common sense, and, if the skin is getting too cold, remove the compresses for approximately 20 minutes before resuming cooling.
- Keep your head elevated the first night after surgery by sleeping on a couple of pillows or in a recliner.

Wound Care

- Small dissolvable sutures are used inside the mouth and they will go away on their own.
- After every meal you will want to do an oral swish and spit. For the first 5 days after surgery, dilute aprox. 1 ounce of mouthwash into a cup of water. Swish this around your mouth, after every meal, and spit. The goal here is to prevent any fine particles of food getting stuck in the incisions inside the mouth (this could lead to infection).
- After the 5th day, switch the mouth cleansing solution to lukewarm salt water. Again, swish and spit after every meal and continue this until 10 days post –procedure.
- Brush and floss your teeth gently on the upper back molar teeth to prevent any soreness from developing in the incision sites for the first week after surgery.

Activity/Exercise

- There are no restrictions on your physical activities other than avoiding bending over and straining for the first week after surgery.

One Month Post-op

- The swelling is 90 percent gone. You will see a little result but not a final result. The final result is visible at 6 months to 1 year, when all the swelling goes away and the tissues inside the cheek scar together to give them a more defined and slimmer shape.

If you experience any unusual swelling, bleeding, discomfort, or develop a fever, you must call the office at 201-858-1800. If the office is closed, our answering service will take your message and contact Dr. Pelosi who will then return your call.

I acknowledge that I received my post-procedure patient instructions and that they were explained to me.

Patient Signature

Date