

AFTER CARE INSTRUCTIONS for BUCCAL FAT REMOVAL

MEDICATIONS

- For pain after the procedure, you can take a combination of acetaminophen and ibuprofen or naproxen.
- Start with over the counter Tylenol (acetaminophen). Keep in mind that you should not take more than 4000 mg of acetaminophen per a day.
- Ibuprofen (ie-Advil, Motrin) or naproxen (Aleve) may be started the same day as your surgery and may be used together with acetaminophen. However, do not use ibuprofen or naproxen if you have had problems with stomach ulcers, kidney problems or if you have been told by a doctor not to use nonsteroidal anti-inflammatory drugs (NSAIDs).

DIET

- Drink liquid diet only for the first day after surgery.
- Progress to your regular diet gradually.

ACTIVITY

- Do not brush your teeth after the procedure until the next morning.
- If you were given a face and neck compression band, do not remove it unless instructed to do so.
- **IMPORTANT: To decrease the risk of blood clots after surgery, do not spend time in bed except for when you normally sleep. Except during your normal sleeping time, get up and walk around for at least 5 minutes every hour.**
- **SHOWER:** You may shower or bathe the day of the procedure.
- **SLEEPING:** For the 3 days, sleep with your head & shoulders slightly elevated to help reduce swelling. Use at least 2 pillows for support.
- **Avoid bending over for the first week after surgery**
- Do **NOT** push, pull, or lift anything heavier than 20 pounds (about the weight of a 2 gallons of milk) for 1 week.
- Do **NOT** do any strenuous activity or exercise (running, weight lifting, aerobics) for 1 week.
- Do **NOT** engage in any sexual activity for at least 1 week; resume when completely comfortable.

INCISION & SCAR MANAGEMENT

- You will be given a prescription for a mouth wash to use for 3 days after surgery.

WHAT ELSE TO EXPECT

- You can expect some minor bleeding from the incisions and some swelling. If the swelling on one side is **definitely** more pronounced than on the other side, if you have a continuous bloody drip or if you are experiencing pain which is not relieved by pain medication, call your surgeon immediately.
- Some discomfort for 3 to 4 weeks, although it should gradually get better from the first 2 to 3 days.
- The sutures inside your mouth are absorbable and will fall out on their own.

WHEN TO CALL YOUR SURGEON

- Fever over 101.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around the incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room