



## POST OPERATIVE INSTRUCTIONS FOR BUCCAL FAT REMOVAL

1. Use an ice pack for the first 48 hours (for 15 minute intervals every 2 hours while awake). Cold packs, crushed ice, or frozen green peas in a zip-lock bag can be used.
2. Sleep with your head elevated for two weeks after surgery. Two or three pillows are usually sufficient. A recliner also works very well.
3. Please **DO NOT** take any of the medications listed on your “Medications to Discontinue” paperwork for one week after surgery. The use of these products may increase bleeding. Extra Strength Tylenol is allowed for discomfort prior to and post surgery.
4. Keep facial movements to a minimum. Bed rest and limited physical activity are recommended for the first few days.
5. A clear liquid diet is required for the first three days after surgery, then a soft diet until day 10. While on a soft diet, rinse mouth out with hydrogen peroxide or mouth wash after every meal.
6. No heavy lifting or straining for three weeks. You may resume normal activities and exercises two weeks after surgery.
7. You will experience periods of pulling and tightening as the swelling decreases and healing begins. Areas of numbness are also normal, sensation will return with time.

**Please report any of the following to our office:**

- Excessive pain or bleeding
- Rash
- Fever above 100 degrees by mouth
- Excessive swelling, bruising, fatigue or depression

Please call our office at 949-706-7776 during business hours Mon-Fri 9:00am-5:00pm.

After hours: If you are experiencing any of the above symptoms, please call Dr. Sadati at (949) 200-3808.