

# GUELPH | FACIAL PLASTICS

## - Buccal Fat Removal -

### WOUND CARE

You will have two small incision wounds on your cheeks, inside of your mouth. The incisions are held together by dissolving sutures.

- Use prescription mouth rinse sent by Dr. Brace to your pharmacy 4 times a day to prevent infection. Use it until the bottle is gone
- Mix 1 teaspoon of salt in 1 cup of lukewarm water. Gently let the saltwater flow from one cheek to the other, do not aggressively “swish” or gargle with the rinses. Let the saltwater flow out of your mouth, do not forcefully spit the water. Repeat after eating or between rinses with the prescription mouth rinse as needed.
- The day of surgery and for 3 days following, you should only use a soft bristled manual (not electric) toothbrush. This will avoid excess pulling and irritation on your wounds.
- Avoid stretching your mouth open wide
- Your sutures may start to dissolve and fall out, this is ok and expected. If you have any concerns please reach out to the office and ask for Nurse Jocelyn

### DIET

- Avoid spicy foods
- Avoid foods that may be hot and could potentially burn your mouth
- Soft or liquid diet is encouraged for the first 3 days after surgery
- Protein shakes or smoothies are a great option to ensure you are getting enough nutrients after surgery
- Rinse your mouth with saltwater after eating

### FOR YOUR COMFORT

- Brush teeth with water alone and avoid toothpaste for the first 24-72 hours if mint is not tolerated
- Ice your cheeks for 20 minutes of every hour for 3 days following surgery
- Use Tylenol (acetaminophen) 650mg every 4 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. You may use both medications at the same time if needed

### ACTIVITY

- Medications you were given during your surgery will be acting in your body for 24-48 hours. Do not drive, operate machinery, drink alcohol, or make important decisions in the 2 days following surgery. Someone must stay with you overnight – General anesthetic only
- **AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR for 14 days after surgery**
- You may return to work as early as 7 days after surgery if you feel up to it

**PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone if you have any of the following or any concern of an urgent nature:**

- You have a mass of swelling that's growing rapidly, this could indicate bleeding under the skin
- You have heavy bleeding that does not stop
- You develop a progressive headache WITH fever, vomiting and neck stiffness
- You have difficulty breathing or chest pain
- You have an ongoing fever above 38.5C (101.3F)

Please do not hesitate to contact Dr. Brace's office if you have any questions or concerns.

Office: 519-824-0550

Email: [info@facialplastics.ca](mailto:info@facialplastics.ca)

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- You have nausea and vomiting lasting more than 2 days

Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status.

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