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## **Buccal Fat Excision: Follow up appointment schedule and general care instructions**

Follow up appointments: 1 week, 1 month, 3 months

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you may feel weak and drowsy. You may require help the first few times you get out of bed. You MUST get out of bed every 2-3 hours and walk!

### **Day 1-6**

Lite activity

Head elevation

Rest

Walk every 2-3 hours

Take medications as directed

Liquid diet, advance to soft diet

Rinse mouth every 8 hours with salt water or dilute mouth wash

\*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort

### **1 Week- Day 7-13**

First office visit

Wound check

May increase activity as tolerated

### **1 month**

Second post op office visit

Wound Check

Advance to full activity

### **3 months**

Third post op office visit

Photos Taken