



Dr. Frank Stile, MD, FACS
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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