

Buccal Fat Pad Removal – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared in 4 weeks.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a soft diet as tolerated.
- Resume a normal high-protein diet as advised.

Swelling & Bruising

- Swelling and bruising are normal and may persist for several weeks.
- Cold compresses may be used during the first 48–72 hours as directed.
- Sleep with multiple pillows.

Incision Care

- Keep incisions clean and dry. All sutures will dissolve.
- Showering is typically permitted within 24 hours unless otherwise instructed.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Significant asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Oral Care

- Maintain excellent oral hygiene.
- Use mouth rinse and gently brush teeth daily.
- Eat soft foods for approximately one week.
- All sutures are dissolvable.

Expected Recovery

- Swelling and hardness may persist in cheeks for several weeks.
- Final contour results may take several months to fully appear.
- You can drive and return to work in 3 days.