**BUCCAL FAT REMOVAL INSTRUCTIONS**

**PREPARING FOR BUCCAL FAT REMOVAL**

* If possible, avoid medications and supplements that may thin your blood. This includes aspirin, ibuprofen, naproxen, Vitamin E, and fish oil for 2 weeks before surgery.
* Do not smoke for 2 weeks prior to and 2 weeks after surgery. Nicotine and tobacco smoke delay healing and can adversely affect fat survival.
* Arrange to have someone drive you home from the procedure if you are having any oral or IV sedation.

**Shopping List**

1. Frozen peas or icepacks

**The Day of Surgery**

* Do not eat or drink anything, including water, the morning of surgery. Essential medications may be taken with a sip of water
* Wear comfortable, loose-fitting clothes that button or zip. Avoid slipover clothing.
* Leave your valuables at home; do not wear jewelry or piercings.
* Avoid all makeup, hairspray, and nail polish.
* Do not wear contacts. Glasses are OK if needed.
* Bring your ID.

**POST-OPERATIVE CARE**

* Avoid spicy foods that would irritate the incisions on the inside of your cheek.
* Sleep on an extra pillow to help reduce swelling.
* Taking over the counter medication for pain control is typically helpful, if you feel your pain is not being controlled by over the counter medications please call our office 402.739.8144
* No heavy lifting or strenuous exercise for 1 week after your procedure.
* You will follow up 1 week after your procedure.

Please call our office at any time with questions or concerns.  After hours, you may call our office and follow the prompts to speak to the on call nurse. If you are experiencing a life-threating emergency, please go to the nearest emergency department.