Buccal Fat Pad Removal – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for buccal fat pad removal. For complete instructions—including specific timelines, medication details, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

### **What to Expect**

Buccal fat pad removal is typically performed under local anesthesia, with or without oral sedation. It is a same-day procedure that does not require general anesthesia. Recovery is usually straightforward, with swelling and mild discomfort resolving within 1–3 weeks. Final contour results continue to refine over several months as swelling subsides.

### **Key Pre-Operative Guidelines (Summary)**

**Anesthesia Options:**

* **Local Anesthesia Only:** You will remain awake. No fasting is required, and you may drive yourself home.
* **Local Anesthesia with Sedation:** Do not eat or drink for 3 hours prior to surgery. Arrange for a responsible adult to drive you home. Rideshare services are not permitted.

**Medications:** Discontinue aspirin, NSAIDs, anticoagulants, and blood-thinning supplements as directed (typically 2–3 weeks prior).
**Lifestyle Adjustments:** Cease smoking at least 4 weeks prior and limit alcohol for at least 2 weeks prior to surgery.
**Day of Surgery:**

* Shower or bathe before your appointment.
* Do not apply lotions, perfumes, deodorant, or makeup.
* Remove all jewelry and do not bring valuables.
* Wear loose, comfortable, front-opening clothing.

**Suggested Supplies:**

* Tylenol (acetaminophen)
* Alcohol-free mouthwash
* Soft foods (soups, smoothies, mashed potatoes)

### **Key Post-Operative Guidelines (Summary)**

**Pain Management:** Use Tylenol (acetaminophen) as needed. Avoid NSAIDs until the second week post-op.
 **Mobility:** Begin gentle walking the day of surgery to support circulation.
 **Sleep Position:** Sleep on your back with your head elevated (30–40 degrees) to minimize swelling.
 **Oral Care:** Rinse twice daily with a mild, alcohol-free mouthwash for the first two weeks.

 **Incision Care:**

* Stitches inside the mouth will dissolve within 7–10 days.
* Some crusting is normal—do not pick or scrub.

**Cold Therapy (Optional):**

* Begin icing 24–48 hours after surgery.
* Apply ice for 15–20 minutes, followed by a 40-minute break. Repeat as needed for the first 48–72 hours.

**Nutrition & Hydration:**

* Drink 8–10 glasses of water daily.
* Eat soft, nourishing meals and progress as tolerated.

**Smoking:** Strictly avoid smoking, including e-cigarettes, as it can interfere with healing.

**Physical Activity:** Avoid strenuous exercise until cleared by your surgeon.

### **Recovery Expectations**

**Swelling & Discoloration:** Common and typically resolves over 2–3 weeks.
**Numbness:** May last up to 3–6 months.
**Pain & Itching:** Normal during the healing phase and will subside with time.

### **Follow-Up and Support**

**Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.

**Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.

**Ongoing Communication:**

* + For non-urgent questions, please email clinicalrn@drshimching.com.
	+ For urgent matters, contact the office directly from 9am – 5pm at (808) 585-8855.
	+ For urgent matters that occur after hours, please use the physician exchange at (808) 524-2575.

**Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

### **Download Complete Instructions**

For full details on medication guidelines, oral care, activity precautions, and recovery expectations, please download the document below:

 **[Download Buccal Fat Pad Removal Pre & Post-Operative Instructions (PDF)]**