



## BUCCAL FAT EXTRACTION POST-OP INSTRUCTIONS

- Sleep elevated on 3-4 pillows or recliner chair for a week to decrease swelling.
- Cool Compress (frozen peas work great) to cheeks for 1<sup>st</sup> 48 hours, 20min. on/off.
- Eat Soft foods for 3 days (ex: eggs, pudding, soup, yogurt)
- Rinse Mouth 3-4 times/day with Peridex Rx - Oral Rinse.
- Be Careful brushing teeth for 2 weeks, use only up and down strokes. No electric toothbrush.
- No heavy lifting or excessive exercise for approx. 1 week.
- Do no stretch mouth wide open.

### EXPECTATIONS

- Expect some bruising and swelling around cheeks.
- Expect some temporary numbness of the skin.
- Temporary unevenness of cheeks is common.
- Temporary asymmetry of smile is common.
- Sutures in mouth dissolve in 2-3 weeks.
- Whitish exudate around sutures is common.

### MEDICATIONS

- ❑ Doxycycline 100mg -1 table twice a day for 3 day/antibiotic
- ❑ Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hours as needed/pain
- ❑ Celebrex 200mg take once a day as directed/inflammation
- ❑ Ativan 1mg (Lorazepam) 1 tablet every 8 hours as needed/anxiety and sleep
- ❑ Peridex Oral Rinse 3-4 times/day
- ❑ Arnica take as directed (begin day before surgery)/inflammation and bruising

### FOLLOW-UP VISIT: \_\_\_\_\_

You will be seen in the office in one week for follow up. Please call/ text the office at 407.333.3040, if you have questions or concerns. If you have a true emergency call 911.

*I have received a copy of the above instructions and agree to follow them*

X \_\_\_\_\_ Date \_\_\_\_\_