

BUCCAL FAT EXTRACTION POST-OP INSTRUCTIONS

- Sleep on 3 pillows for a week to decrease swelling.
- Ice to cheeks for first 24 hours (20 min on, 20 min off WHILE AWAKE).
- Rinse Mouth 3-4 times/day with Peridex Oral Rinse
- Brush teeth gently and avoid sutures in mouth
- Regular Diet
- No heavy lifting or excessive exercise for approx. 1 week

EXPECTATIONS

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

MEDICATIONS

- ❑ Keflex 500 mg (Cephalexin) 1 tablet two times a day for 1 week...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 30x tabs take as directed (begin day before surgery)...inflammation and bruising

FOLLOW-UP VISITS

- You will be seen in the office in one week for follow up. Please call Dr. Gross at (321) 356-4396, 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 _____