



## **Buccal Pad Removal Post-Operative Instructions**

### **Immediately After Surgery**

Procedures can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, ginger ale, Gatorade, and electrolyte drinks. Eat a bland, soft diet (applesauce and broth for starters).

- After surgery you will have some pain and discomfort due to the surgery, which is to be expected and should be controlled with pain medications (Tylenol or prescription pain medications only).
- Escalating, severe pain is not typical and should be addressed immediately.
- Swelling is common after facial surgery. Swelling usually peaks at day 3 and subsides afterwards. It is not uncommon for some minor swelling to last 2-5 weeks after surgery. Each patient experiences a different healing process.
- When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. A pillow or two is all that is needed. \*Sleeping sitting up is not necessary.

### **Wound Care:**

- One of the key things after buccal fat removal is to avoid “sharp, fine granular foods”. For example, couscous or rice would not be a good choice. Tortilla chips would also be a poor choice. In contrast; fine, smooth foods such as a well-blended smoothie or mashed potatoes can be examples of good food choices.
- Apply ice packs to the outside of your cheeks. Everyone will swell after a procedure but patients who are most diligent in their icing the first 48 hours after a procedure will tend to be less swollen.
- Use common sense, and, if the skin is getting too cold, remove the compresses for approximately 20 minutes before resuming cooling. You only need to continue this process for the waking hours.
- After every meal you will want will complete an oral swish with the prescribed mouthwash. For the first 5 days after surgery, dilute approx. 1 ounce of mouthwash into a cup of water. Swish this around your mouth, after every meal, and spit out. The goal here is to prevent any fine particles of food getting stuck in the incisions

inside the mouth (this could lead to infection).

- After the 5th day, switch the mouth cleansing solution to lukewarm salt water. Again, swish and spit after every meal and continue this until 10 days post –procedure. \*

### **Pain Management:**

Dr. Zuriarrain will prescribe a narcotic pain medication to help control your pain after surgery. If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let us know in advance. Tylenol is the ONLY over the counter pain medication you can take after surgery.

### **Activity/Exercise:**

- Following your surgery, NO strenuous activity or exercise should be performed for the first two weeks.
- Light mobility is encouraged and is vital to your recovery. Take short, frequent walks around your house to decrease the chances of any complications, avoid developing a leg blood clot, and maintain good circulation.
- Do not lie in bed for extended periods of time.
- One week following surgery you can begin to increase your activity by 15% each day. By the 14th day following surgery you should be back to your normal activities.

### **REMINDERS**

1. No smoking is allowed 6 weeks before and 6 weeks after surgery.
2. No alcohol for 2 weeks before or after surgery. Do not consume alcohol while taking pain medication.
3. Do not undergo any dental procedures three months prior to or after your surgery to avoid any infections.
4. Please avoid direct sun exposure 3 months after surgery.

### **In case of emergencies:**

Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take your temperature with a thermometer a clinically significant fever is a temperature of **102 degrees Fahrenheit or greater**.

For any after-hour **emergencies** please call 786-804-1603 for immediate assistance. If you are experiencing a life-threatening emergency, please call 911.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

**For an emergency please go to:**

1. Baptist Hospital  
8900 North Kendall  
Miami, FL 33176  
786-596-1960
2. South Miami Hospital  
6200 SW 73 Street  
South Miami, FL 33143  
786-662-4000