

### **Buccal Fat Surgery**

Clinic Phone Number: (801)449-9990

#### 1. Post-operative care:

A caregiver over the age of 18 must be with you for 24 hours following surgery.

- **Immediately after your surgery-** Go to [www.MobleyMD.com/care](http://www.MobleyMD.com/care). There are post-op care video(s) for you to watch.

#### 2. How you should expect to feel 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, 7-up, Gatorade, or other sports drinks. Eat a bland diet (saltine crackers and broth for starters).
- After surgery, you will have some pain and discomfort due to the surgery, which is to be expected, but should be manageable with pain medications (Tylenol or prescription pain medications only).
- Escalating, severe pain is not typical and should be addressed.
- Swelling is common after facial surgery. Swelling usually peaks at day 3, and subsides after that. It is common for some minor swelling to last 2-5 weeks after surgery. Patients are different in their 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 necessary. \*Sleeping sitting up is not necessary.

#### 3. **Caring for the inside of your mouth and cheeks:**

- One of the key things after buccal fat removal is to avoid “sharp and/or fine granular foods”. For example, couscous would be a very poor food choice. Do NOT eat tortilla chips, seeds of any kinds, or foods containing them. In contrast, fine, smooth foods such as a well-blended smoothie, pasta 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.
- **Drinks like a Slurpee are good choice-** they are cold and soothing and give you some sugar calories to heal.
- **For the first 7 days after surgery, after every meal you will want to do an oral swish and spit.** To do this, dilute approx. 1 ounce of mouthwash into a cup of water. Swish this around in your mouth and spit into the sink. Repeat this several times. This needs to be done after every meal or snack. The goal here is to prevent any fine particles of food from getting stuck in the incisions (this could lead to infection).
- **After the 7<sup>th</sup> day, switch the mouth cleansing solution to lukewarm salt water.** Again, swish and spit after every meal and continue this until 10-14 days post –procedure or when you simply feel the inside of your mouth is well healed. Everyone is just a little different in how fast they heal.

#### 4. Pain Management:

- Dr. Mobley will prescribe you a narcotic pain medication to help control your pain after surgery. They will explain in detail how and when to use them. If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let them know in advance, so they are able to give you a more compatible pain medication prescription.
- **Tylenol is the ONLY over-the-counter pain medication you are able to take after surgery for seven days. No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.**

#### 5. Common side effects of narcotics include:

- Constipation: Take stool softeners (MiraLax,) increase fluids and walk more.
- Nausea: Decrease narcotics, use the prescription suppository, and take medication with food.

- Loss of appetite: This will improve over time and once you stop taking the narcotic.
- Sleepiness: This will improve once you stop taking the narcotics.
- You should NEVER drive or consume alcohol while taking narcotic pain medication.

**6. Activity/Exercise:**

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

**7. Return to work:**

- In most cases, you will be able to return to work within a week from your surgery. Each patient is different in their healing process so this can be discussed at one of your post-op appointments. A return to work form can be given to you at that time.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_