

## POSTOPERATIVE INSTRUCTIONS: BUCCAL FAT PAD SURGERY

**Maximize your results after buccal fat pad surgery by following these basic posttreatment instructions. Please contact Dr. Pennington with any questions.**

### General

- Numbness around the area is common
- **No** smoking for 4 weeks post-surgery
- **No** Alcohol for 2 weeks post-surgery
- **No** aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication. Dr. Pennington will advise you when you may resume taking these medications.
- Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician.
- **No** herbal medications, supplements, or teas.
- Increased risk of bleeding includes, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort, fish oil, and green tea

### Diet

- Avoid hot food/drinks until all sensation returns to the cheeks
- When the sensation returns, you may eat soft food for the first 72 hours (mashed sweet potatoes, yogurt, scrambled eggs, etc.)
- **LOW SALT diet** – even the smallest amount of salt can slow down healing and cause excess swelling. (less than 2,000 mg per day)

### Activity

- **Sleep with your head elevated at a 45-degree angle in a recliner for the first week**, to help reduce facial swelling. If there is no way a recliner will be accessible after surgery, then this can be accomplished by putting pillows behind you in bed.
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open.
- **Do NOT** bend over or hang your head down
- **No** heavy lifting, straining, strenuous activity, or sex for at least 2 weeks.
- Avoid excess lip movement, including lip massage, smiling, laughing, and excess speaking

### Wound Care

- **Must use mouthwash prescribed to you. This should be done after each time eating and a minimum of 3 times daily.**
- Avoid playing with sutures in mouth with tongue.

**\*\*\* Please notify Dr. Pennington if you suffer from cold sores, as cold sores may occur with treatments around the mouth or lips. \*\*\***

### **Call Dr. Pennington If Any Of Following Occur:**

- Fever greater than 100.4
- Sudden swelling or discoloration
- Hemorrhage
- Drainage from wound edges or other signs of infection
- Development of any drug reaction
- Please do not hesitate to contact our office. (318-216-5366)