

PERK

PLASTIC SURGERY
BEVERLY HILLS



POST-OP | *Buccal Fat Removal*

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“What will I see when I look into a mirror?”

There will be two little incisions inside your mouth. There will be no external incisions.

The stitches inside your mouth will dissolve by themselves.

“How will the face feel?”

Your face will feel swollen (minor swelling will take 6-12 months to fully disappear!) and your face may appear mildly bruised at first.

Sensations like numbness, sharpness, and burning are common during the healing process.

These sensations may last several weeks and will gradually disappear.

“When can I shower?”

You may shower immediately after surgery.

“What can I do after surgery?”

You should “take it easy” for several days following the surgery and gradually increase your activity as you feel more comfortable.

It is important to refrain from any strenuous activities for 1 week after surgery. Keep your heart rate below 100 beats per minute to prevent bleeding. Gradually work to regular activity beginning slowly at the 2nd week.

“When can I drive?”

You generally should be able to drive if you feel up to it.

You should never drive if you are still taking any pain medication other than Tylenol.

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“When will I be able to return to work?”

Depending on the type of work you do, you should be able to return to your job as soon as you are comfortable.

“How much pain will I have?”

Most people experience soreness for about 5-7 days after surgery.

The pain medication we have prescribed should relieve your discomfort. You may take the pain medication every 4-6 hours as needed for the first 2-3 days after the surgery for pain and/or discomfort.

It is best to take pain medication with crackers, jello, etc.

Do not drink alcohol while taking pain medication.

“What should I eat after surgery?”

DO NOT EAT ANYTHING SHARP. Soft food such as smoothie and yogurt is recommended.

No straws for 2 weeks.

“What medications should I use?”

Pain medication: I will prescribe a pain medication for you. Follow the directions on the bottle for their use. The pain medication will make you feel drowsy. Have someone assist you in your home and do not attempt to drive while you are taking the pain medication.

- A few days after surgery most women will find that Tylenol will take care of the discomfort.
 - Do not use aspirin for five days after the surgery.
 - It is best to take pain medication with crackers, jello, etc.
 - If you have no pain, do not take the medication.
 - Alcohol and pain medication should not be taken together.

Antibiotic: You will be given an antibiotic. Please follow the instructions from your pharmacist or that are written on the packaging.

Stool softener: Narcotic pain medications can sometimes cause constipation. An over-the-counter stool softener (Colace) is recommended if you are prone to this.

- Prune juice mixed with 7-Up (half and half) for mild constipation

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- If severely constipated use Miralax first as it is a mild but effective laxative, Phillips Milk of Magnesia, and fleet enemas (regular or oil retention) as a last resort.

Anti-nausea medication: Some nausea is normal in the first 24-48 hours following surgery. If you are nauseated, please take the anti-nausea medication.

You may have additional medications.

“Can I drink alcohol?”

Do not drink alcohol while taking narcotic pain medication after your surgery.

“When will I be seen in the office after surgery?”

You will normally be seen in the office within one week of your surgery.

“How will I know if I am having a problem?”

I NEED TO KNOW ABOUT THESE PROBLEMS IMMEDIATELY:

These are the complications that will require a change in your post-operative care!

Hematoma (blood collecting under your incisions) can occur within a few days of surgery. The warning signs are:

- Significant swelling
- Excessive or growing bruising

Infection is rare. It is normal to have a very small amount of drainage from your incisions for one to 2 days. Signs of infection are:

- Increased temperature
- Increasing drainage from the incisions
- Increasing redness around the incisions

Leg swelling with or without associated pain may indicate a problem with the vein circulation in your leg(s). Although some swelling is to be expected due to your surgery, intravenous fluids given to you during the surgery and your decreased level of activity, this swelling is normally mild, painless and affects both legs evenly. If you have a large amount of leg swelling (either one or both legs) or if you experience pain in your legs contact the office immediately.

Breathing problems after surgery are rare but can be a serious complication. If you develop any chest and/or back pain or the feeling of being short of breath you must contact my office or be seen in the nearest emergency medical facility without delay.

Medication reactions may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact my office.