Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

# Buccal Fat Removal – Pre and Post-Operative Instructions

## Pre-Operative Instructions

1.Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain. See our separate list of medications to be avoided.

2.Do not smoke for three weeks before or after surgery.

3.Do not drink alcohol for three weeks before or after surgery.

4.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5.Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6.Please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. Please remove all piercings including body piercings.

7.Shower with anti-bacterial soap on your day of surgery. Do not apply body creams, lotions, oils or any kind of deodorant.

## Post-Operative Instructions

1.Your surgery will take approximately one hour. After surgery you will go to the recovery room until you have recovered sufficiently to be discharged.

2.If you are having outpatient surgery, someone must drive you home and, for your safety, remain with you for the first 24 hours.

3.Please keep your head elevated as much as possible after surgery to reduce swelling.

4. Eating after surgery:

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| Day 1: | only clear liquids such as soft drinks, sodas and fruit juices (no orange juice) |
| Days 2 & 3: | soups, Jell-O, ice cream |
| Days 4 - 7: | pureed diet such as food liquidized in a blender |
| Days 7 - 14: | soft diet such as stewed chicken stewed fruit |
| Day 15: | return to regular diet |

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5. Keeping your Mouth Clean: There are a lot of bacteria in the mouth so oral hygiene is critical to prevent infections. After all meals, swish inside of the mouth and gargle with half strength Peridex Mouth Wash, Normal Saline or a water and hydrogen peroxide 50/50 mix after meals and before bed and as necessary. You may use a soft-toothbrush and toothpaste. Floss if you can do so without discomfort. Rinse with Normal Saline

6. If you should have any questions, please call the office at 203-838-8844.

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