



UTAH FACIAL PLASTICS
Surgery • Med Spa • Hair Restoration

PRE-OPERATIVE INSTRUCTIONS BUCCAL FAT REMOVAL

3-4 WEEKS BEFORE SURGERY:

- **Obtain Medical Evaluation.** If instructed by UFP, visit your primary care doctor to complete your medical evaluation. This should be completed at least 2 weeks before surgery. All results can be faxed to 801-615-2258.
- **Smoking.** Tobacco, cigarettes, and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. You must discontinue these products more than 4 weeks prior to surgery. Otherwise, the surgery will be cancelled.

2 WEEKS BEFORE SURGERY:

- **DIET/SUPPLEMENT RESTRICTIONS:** Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over-the-counter pain medications.
- **Vitamin C.** Begin taking 1000 – 3000mg per day as tolerated 2 weeks. Vitamin C aids in wound healing.
- **Post surgery.** If your destination after surgery is over 60 minutes from the office, you must stay locally.

1 WEEK BEFORE SURGERY:

- **Review Instructions with Caregiver.** Confirm who will be driving you to and from surgery and stay with you for at least 24 hours after surgery. Caregivers must be over 18 years of age.
- **False eyelashes.** Have any false lashes removed, including extensions or strip lashes.

DAY BEFORE SURGERY:

- **Arrival time.** The Surgery Center will call the day before surgery with the arrival time. If you do not receive a call or for further questions, call the appropriate number below:
 - Lakeview Hospital: (801)-299-2160
 - Lone peak Hospital: (801)-545-8000
 - Utah Facial Plastics Surgical Center in Draper: (801)-776-2220
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELLED.** If prescribed, take medications with a small sip of water.
- **Set Up Home Recovery Area.** This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.

DAY OF SURGERY:

- **Dress Comfortably.** Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- Bring a photo ID and any documents required.

POST-OPERATIVE INSTRUCTIONS FOR BUCCAL FAT REMOVAL

AFTER SURGERY:

- **Movement is Important.** Make sure you are up and walking around immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Take deep breaths frequently to keep your lungs clear.
- **Sleep.** Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. Continue this for one to two weeks.
- **Talking.** Avoid excessive talking, laughing, and chewing as this will cause more swelling and discomfort.

MEDICATIONS:

- **Pain.** You will be prescribed pain medication for post-operative pain control. If your discomfort after surgery is not strong, you can take Tylenol instead of the prescribed medication. Do not take Tylenol with the pain medication, often the medication you are prescribed will have Tylenol in it. Do not exceed 4,000 mg of Tylenol in any 24-hour period. Take medication with food to minimize the risk of nausea.
- **Nausea.** Some pain medication may make you feel nausea. It is best to eat something small 20 minutes before taking pain medication. Keep hydrated with small sips of non-caffeinated beverages (ginger ale, Sprite, Gatorade).
- **Constipation.** You will experience constipation if taking narcotic pain relievers. MiraLAX or other over-the-counter laxatives are recommended. Do not wait to take it until you are constipated.
- **Medications to Avoid.** Take only those medications approved or prescribed by your surgeon. Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, others) for two weeks before and after surgery. These medications may increase bleeding.
- **Substances to Avoid.** Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

NUTRITION:

- **Diet.** Eat foods that are soft and require minimal chewing for one week. Do not eat salads, tough meats, or chew gum. Chewing can cause an increase in pain and swelling. Avoid sharp, granular foods or spicy foods.

HOW TO TAKE CARE OF YOUR INCISIONS:

- **Eating.** AVOID opening your mouth more than 1 inch wide to prevent incision site separation (opening) for one week.
- **Cleaning your incisions.** rinse your mouth with salt three times a day and after every meal. Continue this for one week.
- **Sutures.** All the sutures will be dissolvable.
- **Avoid brushing teeth for 48 hours.** For the next 2 weeks use a small toothbrush and be extra gentle.

ACTIVITY:

- **Physical Activity.** It is important to get up, walk around, and not remain on complete bed rest while your body recovers. Normal daily activity may be resumed a few days after surgery. No bending over, straining, or lifting more than 5lbs for the first week after surgery.
- **Exercise.** Light physical activity may be resumed 2-3 weeks after surgery. Remember to start easily and build back up to your previous exercise levels. Just know that swelling may transiently be worse with exercise. Strenuous activity and contact sports should be avoided for the first week after surgery.
- **Driving.** Do NOT operate a vehicle or make important decisions until you have been off narcotic pain medications for 24 hours. Use good judgment.
- **Return to work.** Most patients return to work within 24-48 hours. • **Cold Compress:** Use cool/moist compresses or ice wrapped in a small towel on the outside of your cheeks for 24-48 hours to reduce

swelling. You may apply a compress for 20 minutes at a time and take a break every so often. No Direct Ice!

- **Hot Tubs/Baths/Swimming Pools.** No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

WHAT TO EXPECT:

- **Swelling and Discoloration.** It is completely normal to experience some swelling and discoloration from bruising around the surgical incision site.
- **Mild Bleeding.** Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you try to do strenuous activity, increase your blood pressure by straining on the toilet, sneezing, heavy lifting or bending forward you will aggravate the bleeding and swelling.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL

- **Signs of Infection.** Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, and warmth at incision site. Temperature over 101 degrees Fahrenheit.
- **Medication Reactions.** If you develop hives, rashes or itching you may be having a medication allergic reaction.
- **Other Emergency Situations.** Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

Utah Facial Plastics After Hours Answering Service – (801) 299-7660

APPOINTMENT TYPE	DATE / TIME	LOCATION	PROVIDER/STAFF
Surgery Time TBD day before			
Post-Op Day 1			
Post -Op Day 7			
2 Week Follow up			