



SOLOMON FACIAL PLASTIC

BUCCAL FAT REMOVAL POST-OPERATIVE INSTRUCTIONS

The following post-care instructions are essential to helping you achieve optimal results. Please read our instructions carefully. We encourage you to call or email our office if you have any questions. 905-764-7799 or officestaff.solomon@gmail.com

SWELLING

- Moderate to considerable swelling is expected and can make the cheeks look full and asymmetrical.
- Swelling will subside within the first few weeks.
- Numbness in the cheeks is normal for the first few days and may affect your smile.
- Tenderness may last for a few weeks.
- If you experience a hard lump or mass in your cheek after one week, you may massage the area gently.

ICING

- Icing is optional.
- You may apply a gel ice pack to the cheeks off and on every 10 minutes. Protect the skin with a piece of gauze from the ice pack.

MEDICATION

- Begin taking your medication 2-3 hours after returning home, unless otherwise indicated by your discharge nurse.
- Take your anti-biotic and pain medication 2 hours apart to avoid nausea.
- If the pain is mild to moderate, you can take Tylenol or Extra-Strength for pain.
- Be sure to take a pro-biotic when taking your anti-biotic.
- If you develop a rash, stop taking the medication and contact our office.

SLEEPING

- Sleep elevated on 2-3 pillows to minimize swelling.
- Use a travel pillow to prevent rolling over while sleeping.

- Getting a good sleep is essential to healing so be sure to make yourself as comfortable as possible.
- You may want to use an old pillowcase to avoid soiling from blood and ointment.

EATING

- Eat only soft foods for the first 72 hours and avoid spices.
- Smoothies, yogurt, protein shakes, mashed potatoes, mac and cheese
- Avoid seeds, nuts, rice, any foods that are particular
- Be sure to drink lots of fluid, do not drink from a straw for 4 weeks.
- Do not chew gum for 2 weeks.
- Yogurt is recommended to replenish the good bacteria in your gut when taking an anti-biotic.

CLEANING

- Be cautious when brushing your teeth, brush gently.
- Rinse with room temperature salt water after eating and brushing your teeth.
- Waxing, shaving and threading is permitted one week post-op.
- You may shower anytime.

SUTURES

- No sutures are typically required. In some cases dissolvable sutures will be used.
- The incision will be left open to heal to avoid infection.

MAKEUP AND SUNSCREEN

- You may wear sunscreen and makeup anytime.

PHYSICAL ACTIVITY

- Do not lift anything over 10 pounds for the first 4 weeks, or bend over.
- 3 weeks post-op you may begin moderate exercise.
- 4 weeks post-op you can return to your regular exercise routine.
- 4 weeks you can resume intimacy.
- 6 weeks post-op you can resume swimming, saunas, hot tubs.

TRAVEL

- Travel is permitted 48 hours after surgery.
- Dr. Solomon would like to see you in person, or on a virtual call one month post-op if you are travelling home prior. Please schedule the call with our administration staff.

SUPPLIES FOR HOME

- Tylenol, Travel Pillow, Arnica by Sinecch (both sold at our clinic), Gel Ice Packs

IF YOU EXPERIENCE ANY OF THE FOLLOWING

- If you develop a rash, persistent fever, chills or sweating.
- If you notice a foul odour or yellow drainage coming from the incision sites.
- If you experience severe nasal or throat pain, that is *NOT* controlled with Tylenol.
- If you experience persistent bleeding that *does* not lessen or gets worse
- Persistent vomiting and inability to drink liquids for greater than 4 hours.
- Shortness of breath, chest pain, weakness or numbness in the face or limbs.
- Contact Dr. Philip Solomon directly at: info@solomonfacialplastic.com OR call our office: 905-764-7799 OR email our office: officestaff.solomon@gmail.com

IF WE ARE NOT ABLE TO BE REACHED, PLEASE GO TO YOUR NEAREST HOSPITAL EMERGENCY FOR ASSESSMENT

- Please notify our office, of any unexpected admission to the hospital within 10 days of your procedure.