



# THE MICHAEL HORN

## CENTER FOR COSMETIC SURGERY

### **Buccal Fat Pad Removal Home Care Instructions**

Dr. Horn has a very dedicated nursing staff to help make sure you are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

#### **After-surgery appointment schedule with nursing staff:**

1. **Initial follow-up appointment:** will be an **in-office** visit, one day after surgery. At this time, your incisions will be checked.
2. **Second follow-up appointment:** will be **in-office**, six to ten weeks after surgery. This appointment timing will-be-determined by your recovery progress. At this time, your incisions will be checked for proper healing.

#### **Medications:**

**Arnica:** *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery-Dissolve 5 tablets under tongue 3 times daily for 5 days.

**Keflex (Cephalexin) 500mg:** *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

**Celebrex (Celecoxib) 200mg:** *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

**Norco (Hydrocodone/Acetaminophen) 5mg/325mg:** *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

**\*\*\*\*\* Please note:** Opioids can be addicted and have negative side effects, including constipation. If you are need of additional pain, relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day)

**Allergies:** If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

**Medication Usage:** Take pain medication with food. Pain medications and decreased activity can cause constipation. Eating fresh fruit (not bananas) can help prevent constipation naturally. If needed you can purchase an over-the-counter stool softener or laxative from the pharmacy.

**DO NOT take aspirin or aspirin containing products for four weeks after surgery; this includes Motrin/Advil/ibuprofen. Tylenol is a good substitute when needed for pain relief.**

**How you should expect to feel after surgery:**

- Procedures can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, Gatorade, or other sports drinks. Eat a bland diet (broth for starters).
- After surgery you will have some pain and discomfort due to the surgery, which is to be expected and should be controlled with pain medications
- Escalating, severe pain is not typical and should be addressed.
- Swelling is common after facial surgery. Swelling usually peaks at day 3, and subsides after that. It is not uncommon for some minor swelling to last 2-5 weeks after surgery. Each patient is different in their healing process.
- When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. A pillow or two is all that is needed. \*Sleeping sitting up is not necessary.

**Wound Care:**

- One of the key things after buccal fat removal is to avoid “sharp, fine granular foods”. For example, couscous would be a very poor food choice. Tortilla chips would also be a poor choice. In contrast; fine, smooth foods such as a well-blended smoothie or mashed potatoes can be examples of good food choices.
- Apply ice packs to the outside of your cheeks. Everyone will swell after a procedure but patients who are most diligent in their icing the first 48 hours after a procedure will tend to be less swollen.
- Use common sense, and, if the skin is getting too cold, remove the compresses for approximately 20 minutes before resuming cooling.
- You only need to continue this process for the waking hours.

- After every meal you will want to do an oral swish and spit. For the first 5 days after surgery, dilute approximately 1 ounce of mouthwash into a cup of water. Swish this around your mouth, after every meal, and spit. The goal here is to prevent any fine particles of food becoming stuck in the incisions inside the mouth (this could lead to infection).
- After the 5th day, switch the mouth cleansing solution to lukewarm salt water. Again, swish and spit after every meal and continue this until 10 days post – procedure.

**General instructions:**

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

**In case of:** Continuous or Heavy Bleeding  
Difficulty Breathing  
Fever/ Chills  
Continuous Nausea and Vomiting  
Excessive Drainage from Surgical Area

**Contact Dr. Horn or the clinical staff immediately.**

**During business hours, call the office at 312.202.9000. After hours, page Dr. Horn.**