

# THE FIRST GLANCE

## POST-OPERATIVE INSTRUCTIONS FOR BUCCAL FAT PAD REMOVAL

Sleep with a couch cushion under the head of your mattress, and then with one or two pillows to allow your head to be slightly elevated. This will help with swelling.

Avoid “sharp” or “fine granular” foods, and instead try to eat “fine” and “smooth” food. For example, chips, oatmeal, and rice would be poor choices. A well-blended smoothie, pureed soups, or mashed potatoes would be examples of good food choices. Continue this for the first seven days following surgery.

Apply ice packs to the outside of your cheeks. Swelling after surgery is normal but being diligent with icing in the first 48 hours following surgery will help to decrease swelling.

Apply ice packs for 20 minutes on, and then remove for 20 minutes before reapplying. Continue this during the waking hours only.

You will be prescribed a mouthwash to use after surgery. Following every meal, complete an oral swish using the mouthwash and then spit out. Continue this for ten days following surgery. The goal is to prevent any food particles from becoming stuck in the incisions.

You may brush your teeth but do this very gently and take care to avoid the sutures in your mouth.

**Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.**

- - Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
  - Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
  - Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
  - Unexplained sudden onset of shortness of breath
  - Rapid pulse or heart palpitations
  - Severe pain in leg that does not resolve and/or swelling of leg
  - Changes in skin colour of an extremity, such as turning pale, red or blue
  - Dizziness that does not resolve, or fainting
  - Coughing up blood / Bloody diarrhea

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## **After Hour Care**

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

**If the clinic is closed (evenings or weekends) or in case of an emergency, please call Dr. Brichacek 204-898-9933**

**If after 3 attempts you cannot reach Dr Brichacek, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053**

Take time to rest and recover from your surgery, have a healthy diet, and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.