

BUCCAL FAT PAD REMOVAL POST-OPERATIVE INSTRUCTIONS

Supplies to have at home before surgery:

- Prescription medications including mouthwash
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)

Activity:

- Keep your head elevated to decrease swelling. This can mean sleeping in a lazy-boy recliner or with at least 2 pillows while in bed.
- Keeping your head elevated will ensure that the swelling decreases as quickly as possible. This should be done as much as possible for 3-5 days.
- Apply ice-packs or cold compresses to your cheeks as much as possible for the first 48 hours after surgery
- Avoid excessive physical activity, bending over, or lifting objects greater than 10 lbs
- Don't sleep with pets in bed for the first week after surgery
- Avoid smoking or exposure to second-hand smoke
- Avoid excessively hot showers, saunas, or hot tubs for the first 2 weeks to decrease swelling
- Try to eat a "soft diet" as much as possible for the first week after surgery. This can mean focusing on soft foods like smoothies, soups and scrambles eggs. Avoid foods that are tough, chewy or have sharp edges (ex: potato chips).
- Use caution when brushing your teeth avoid damaging your incisions as they heal

Medications:

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4-6 hours, ONLY as needed. **NEXT DOSE:**
- Mouthwash should be used after every meal (swish and spit). This should be done for 10 days after surgery.
- Resuming blood thinner medications should be discussed with your surgeon before starting them post-operatively

- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

Wound Care:

- All sutures are inside your mouth and will dissolve on their own. This usually occurs within 2 weeks of surgery.

RED FLAG SYMPTOMS:

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Increasing pain, redness, foul odour or drainage from the incision
- Sudden increase in swelling in the cheek, jawline around the eye
- Fever exceeding 38.3°C
- Excessive intra-oral bleeding
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

Do not hesitate to call with any questions or concerns.

Clinic business hours (9AM to 4 PM): 613-595-1880

After hours: 613-219-9636 (Dr. MacArthur Cell)

Patient signature: _____

Date: _____

RN signature: _____

Date: _____