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## **What is Buccal Fat Removal?**

Buccal fat removal is a cosmetic surgical procedure that reduces the fullness of the lower cheeks by removing the buccal fat pads, located deep inside the face. This creates a slimmer, more contoured facial appearance—particularly between the cheek and jawline.

It is best suited for patients with naturally round or chubby cheeks who desire a more sculpted mid-face.

## **Before the Surgery... Preparation and Expectations**

A detailed interview is conducted with our medical team covering the following:

- Review of your medical history, previous surgeries and past or current conditions.
- Review of the results of the physical examination as well as the laboratory tests.
- Photographs of your face from different angles.

- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your surgery will be performed and the date of operation.

### Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, 1 week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by our medical team.
- Stop smoking 3 weeks before the surgery and for 3 weeks after.
- Arrange for someone to drive you home after surgery.
- Arrange for resting at home for at 3-5 days after the operation.

### Procedure Details:

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Usually, local anesthesia with sedation is applied to help you relax.

- **Procedure Steps:**

Incision: A small cut is made inside the mouth, near the upper molars.

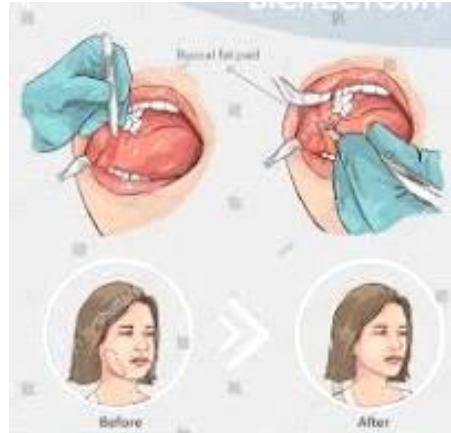
Fat Removal: The buccal fat pad is gently dissected out and trimmed, partially or completely.

Closure: Dissolvable stitches are used to close the incision.

Time: The procedure takes around 30–45 minutes.

Setting: Performed as an outpatient procedure—you return home the same day.

Scarring: No external scars; the incision is entirely internal.



### After the Surgery

- You can leave the hospital later the same day of the operation.
- Stitches are absorbable and you will not need to remove them after the surgery.

### Risks & Possible Complications

Although complications are rare, however, as with any surgery, they can occur.

#### **Common (you may temporarily experience the following):**

- Swelling of your face, around the cheeks and jawline
- Mild to moderate discomfort or soreness
- Minimal bleeding and bruising
- Temporary facial tightness or numbness
- Difficulty chewing or speaking clearly for the first few days
- Pain or discomfort

#### **Less common:**

- Scar sensitivity
- Infection or delayed healing
- Possible asymmetry during early healing (usually resolves)
- Overcorrection (too much fat removed)

#### **Rare:**

- Injury to facial nerve branches, or blood vessels (rare), resulting in temporary or permanent weakness
- Prolonged swelling or discomfort
- Hematoma (blood collection under the skin)
- Injury to parotid salivary gland ducts, which might lead to accumulation of saliva and requires further treatment or surgery
- Excessive fat removal leading to an aged appearance over time
- Scarring inside the mouth (usually minimal and hidden)

### Post-Operative Care Instructions

- A compression garment or facial strap may be recommended for the first few days to reduce swelling and support tissue healing.
- A soft diet will be mandatory for at least 5 days to allow healing of the oral mucosa inside the mouth.
- Use the prescribed mouthwash after every meal.
- No smoking, alcohol, or vigorous mouth movement for 7–10 days.
- Sleep with your head raised higher than your chest for at least 1 week, don't sleep on your sides.
- Avoid vigorous or aerobic activity or sports for 1-2 weeks after the surgery.
- Avoid rubbing or massaging your face.
- Avoid aspirin, ibuprofen (Advil, Motrin IB, others), naproxen sodium (Aleve, others), naproxen (Naprosyn), and other medications or herbal supplements, for one week after the surgery, as this may increase bleeding. Stick only to the medication prescribed by our medical team.
- Limit your dietary salt intake to help faster swelling recovery.
- Attend all scheduled follow-up appointments for monitoring

### Recovery and Results

The results of buccal fat removal are long-lasting, especially if your weight remains stable. Swelling is common in the first few days and may cause the cheeks to appear even fuller at first — this is temporary. Most

swelling resolves within 2–3 weeks, though final facial contouring results may take up to 8–12 weeks to fully appear as tissues settle and reshape naturally.

Scarring is internal and not visible, and most patients feel comfortable returning to public or work within 3 to 7 days, depending on individual healing.

### Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visit (once a month) during the next 6-12 months.

### General Risks associated with surgeries

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of Buccal Fat Removal surgery are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Generally, the risk associated with Buccal Fat Removal surgery is minimal and rarely occurs. However, possible risks include:

- Allergies to tape, suture materials, blood products, topical preparations or injected agents
- Anesthesia risks
- Bleeding
- Change in skin sensation
- Damage to deeper structures – such as nerves, blood vessels and muscles – can occur and may be temporary or permanent
- Infection
- Persistent pain
- Poor healing of incisions
- Possible revision surgery required
- Skin contour irregularities
- Skin discoloration, swelling and sensitivity

### Medication

**R/Tavanic 500 mg**                      One tablet daily for 5 days

<b>R/Ketolac SR</b>	One tablet every 12 hours - after meals – till pain is gone
<b>R/Panadol 500mg</b>	Two tablets every 8 hours
<b>R/Hexitol mouthwash</b>	Three times daily and after every meal or drink
<b>R/Alphintern</b>	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
<b>R/Controlloc 40 mg</b>	One tablet before breakfast for 10 days