



PATIENT RECOVERY GUIDE

Buccal Fat Removal

Aftercare Instructions

Your personalised recovery guide following buccal fat removal with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Buccal Fat Removal		DD / MM / YYYY	DD / MM / YYYY

Your recovery after buccal fat removal is quick and straightforward. Because your incisions are inside your mouth, the key is gentle oral care — soft foods and antiseptic rinses for the first few days — and a little patience. Your cheeks may look slightly puffy at first as swelling settles; the real, sculpted result emerges slowly over the weeks and months ahead. Your stitches are dissolvable, so there is nothing to remove.

1 The First 48 Hours

- ◆ **Head elevated.** Rest and sleep with your head raised on pillows for the first days to reduce cheek swelling.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Soft foods only.** Keep to soft foods for the first 3–4 days; avoid hard, crunchy, or very hot foods that irritate the incisions.
- ◆ **Cool compress.** A cool compress on the cheeks in the first day or two helps ease swelling.
- ◆ **Antiseptic rinses.** Rinse gently with the antiseptic mouthwash after every meal for about 5 days to keep the incisions clean.
- ◆ **Be patient with the shape.** Cheeks may look puffier at first; the final sculpted result appears over 2–4 months.

2 Recovery Timeline

- DAYS 1 – 3**
Early healing. Home 1–2 hours after surgery, back to routine the next day. Soft foods, antiseptic rinses after meals, and cool compresses. Some puffiness is normal.
- DAYS 3 – 7**
Swelling settles. Initial swelling and any pooled fluid resolve within about 3–5 days; by the end of the first week the cheeks look close to normal.
- WEEKS 2 – 6**
Shape begins to form. The space where the fat was removed gradually closes and the new cheek contour slowly starts to emerge.
- MONTHS 2 – 4**
Final result. The final, sculpted cheek and cheekbone contour is fully visible at about 2–4 months.

“I removed exactly the right amount of cheek fat, from inside the mouth, so no scar will ever show. Keep the area clean, eat gently for a few days, and give it time — your sculpted result is worth the short wait.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

◇ Keep to soft foods for the first 3–4 days.

◇ Rinse with antiseptic mouthwash after meals (~5 days).

◇ Keep your head elevated when resting early on.

◇ Attend every follow-up appointment.

PLEASE AVOID

◇ Hard, crunchy, or very hot foods while healing.

◇ Strenuous exercise for the first few days.

◇ Smoking, which delays healing of the mouth incisions.

◇ Poking the incisions with your tongue or fingers.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing swelling, warmth, or redness of the cheek.
- Bleeding, pus, or a foul taste from an incision.
- Severe or increasing pain not eased by medication.
- Difficulty opening the mouth that worsens over time.
- Weakness or drooping of the cheek or mouth, or clear fluid from the incision.

5 Discharge Checklist

☐ Antiseptic mouthwash provided and instructions understood.

☐ Pain relief and any antibiotics collected.

☐ Soft-diet and oral-care instructions understood.

☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS