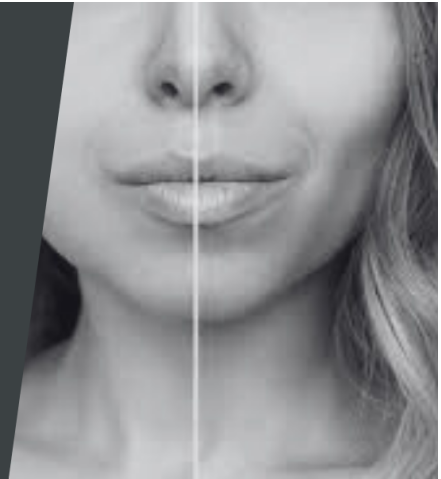


D9-CHEEK FAT REMOVAL



D.9. CHEEK FAT REMOVAL

Buccal fat removal is a cosmetic surgical procedure that involves the removal of the buccal fat pads (inside the mouth), which are located in the lower part of the cheeks. This procedure aims to create a more sculpted facial appearance by reducing the fullness of the cheeks, enhancing cheekbones, and achieving a more contoured look. Here's a detailed overview of buccal fat removal, including its benefits, procedure, recovery, and considerations.

What is Buccal Fat?

- **Location:** Buccal fat pads are situated in the middle of the face, specifically between the muscles of facial expression.
- **Function:** They help in the movement of the cheeks and are more prominent in some individuals than others, contributing to a fuller appearance in the lower face.

Benefits of Buccal Fat Removal

- **Facial Contouring**
- **Enhanced Cheekbones**

· **Permanent Results:** The results are generally long-lasting, as the buccal fat pads do not regenerate after removal.

· **Minimal Scarring:** The incisions are made inside the mouth, leading to no visible scarring on the face.

The Procedure

1. Consultation:

◦ A careful consultation with a qualified plastic surgeon to discuss aesthetic goals, medical history, and expectations.

2. Anesthesia:

◦ The procedure is usually performed under local anesthesia with sedation or general anesthesia, depending on patient preference and the surgeon's recommendation.

3. Incisions:

◦ The surgeon makes small incisions inside the mouth, specifically in the inner lining of the cheeks, to access the buccal fat pads.

4. Removal of Buccal Fat:

◦ The surgeon carefully removes a predetermined amount of fat from each side, ensuring symmetry and proportion to the overall facial structure.

5. Closure:

◦ The incisions are closed with dissolvable sutures, and patients are typically given post-operative care instructions.

Recovery after cheek fat removal

· **Initial Recovery:** Swelling, bruising, and discomfort are common for the first few days. Pain can usually be managed with prescribed medications.

· **Downtime:** Most patients can return to normal activities within

1-2 weeks, although it's recommended to avoid strenuous activities and heavy lifting during this period.

· **Dietary Restrictions:** Soft foods may be recommended for a few days to allow the mouth to heal.

· **Follow-Up Care:** Regular follow-up appointments with the surgeon are essential for monitoring healing and ensuring optimal results.

Risks and Considerations

· **Scarring:** While incisions are made inside the mouth, some patients may still experience swelling or changes in sensation during the healing process.

· **Complications:** Potential risks include infection, asymmetry, contour irregularities, and **injury to nearby structures (such as nerves).**

· **Expectation Management:** It's essential to have realistic expectations about the outcomes of the surgery, as results may vary.