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- * Aesthetic medicine
- * Cosmetic surgery
- * Aesthetic laser therapy
- * Regenerative medicine

Post-operative recommendations after the removal of Bichat's fat pads.

Immediately after the operation:

1. You will receive the following medications from the Doctor to use after the procedure (read the instructions below carefully for details on their use): Antibiotic, Neoparin, Helicid, Ketonal Duo, Octenident Mouthwash solution.
2. Antibiotic: Take two tablets after the procedure, and from the next day, one tablet in the morning and one in the evening until the medication is finished.
3. Neoparin: Inject a single dose subcutaneously on the day of the procedure and each subsequent day until the prescribed amount is exhausted.
4. Instructions for using painkillers and a special Octenident Mouthwash solution can be found below.
5. You may feel numbness for about 48 hours after the procedure. This may cause nausea and sometimes vomiting. It is recommended to drink plenty of fluids, such as water and electrolyte drinks. Eat a mild, soft diet (initially applesauce and broth).
6. After the procedure, you may experience pain and discomfort, which is normal and should be controlled with nonsteroidal anti-inflammatory drugs and painkillers. You can use Ketonal Duo along with protective capsules of Helicid (in case of pain, first take 2 Helicid capsules, then after 10 minutes, two Ketonal Duo capsules).
7. Increasing, severe pain is NOT a typical symptom and if it occurs, it should be immediately examined. Please contact me by SMS or phone: +48733386649.
8. Swelling is a common symptom on the face. It usually peaks on the third day and gradually decreases. It is not uncommon for some minor swelling to persist for 2 to 5 weeks after the operation. Each patient undergoes a different healing process.
9. While resting, avoid lowering your head below heart level for the first 3 days after the operation. You can keep your head above heart level using one or two pillows. It is not necessary to excessively elevate your head.

Wound Care:

1. One of the key aspects after the removal of cheek fat is to avoid "sharp, fine-grained foods." For example, couscous or rice would not be a good choice. Tortilla chips would also be a poor choice. In contrast, gentle, smooth foods like well-blended smoothies or mashed potatoes can be examples of good dietary choices.
2. Apply cold compresses to the outside of the cheeks. Every patient will swell after the procedure, but those who most diligently use cold compresses for the first 48 hours after the procedure usually experience less swelling.



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3. Use common sense, and if the skin becomes too cold, remove the compresses for about 20 minutes before resuming cooling. Continue this process only during the day.
 4. After each meal, rinse your mouth with the prescribed mouthwash. I recommend: Octenident Mouthwash oral hygiene solution 250 ml. Rinse your mouth after each meal and spit it out. The goal is to prevent small food particles from getting into the incisions in your mouth (which could lead to infection).
 5. After using the Octenident solution, switch the mouth rinse to warm salt water. Again, rinse and spit after each meal and continue this for 14 days after the procedure.

Activity/Exercise:

1. Do NOT engage in any strenuous activities or exercises for the first two weeks after surgery.
2. Light mobility is recommended, which is crucial for your recovery. Take short, frequent walks around the house to reduce the risk of complications, avoid clot formation in your legs, and maintain good circulation.
3. Do not lie in bed for long periods.
4. One week after surgery, you can start increasing your activity by 15% each day. By the 14th day after surgery, you should be back to normal activities.

Reminders:

1. Smoking is prohibited for 6 weeks before and 6 weeks after the surgery.
2. Do not consume alcohol for 2 weeks before and after the surgery.
3. Do not drink alcohol while taking pain medications.
4. Please avoid direct sun exposure for 3 months after the surgery.

In case of emergencies:

Contact the Doctor if you have severe pain that does not subside after taking medications, wounds show signs of infection such as redness spreading beyond the incision to the surrounding skin and are very painful, or if you develop chills and/or fever. Please measure your temperature with a thermometer; a clinically significant fever is a temperature of 38.8 degrees Celsius or higher.

