

Bichectomy - Removal of buccal fat

Helena Singerova M. D.



Buccal fat removal is also known as face fat reduction, aimed at thinning faces and improving the appearance of the faces. Buccal fat removal is popular with people who have too "plump" faces, whether it is caused genetically in otherwise slender individuals or in slightly overweight people.

Buccal fat removal surgery will rid you of excess fat in the face area. Large fat deposits cause that the underside of the cheeks has a more rounded, plump look. The removal of this fat results in a more aesthetic shape of the face and a highlighting of the jaw line. This facial rejuvenation operation can improve the appearance, increase self-confidence and contribute to a more pleasant life.

A person considering buccal fat removal should consult a plastic surgeon to discuss the process in detail and obtain realistic expectations about the outcome. In general, experts do not recommend surgery, if the patient is not in good state of health, has a weakened immune system or is under 20 years old.

How is a bichectomy performed?

The course of the operation itself is relatively fast and it is not a difficult surgical procedure. We perform the procedure in a combination of local and general anaesthesia, a small incision is inside the mouth in the cheek area, where the fat body is located and from which either the entire fat body is removed or it is only reduced. The surgery is performed symmetrically on the both sides of the face, possible surgery and reduction of one part of the face can help people, which bothers marked facial asymmetry. In this case, however, some asymmetry will persist.

The duration of the operation is about 50 minutes. After removing the fat body, the wound is sutured and an elastic mask is attached, which the patient wears for 7 days. During these 7 days, the patient should adhere to a rest régime and do not remove the compression mask. It is advisable to stay at the clinic for one night after the operation. To prevent irritation of the surgical scars inside the mouth, you should eat soft foods, which do not require chewing for about five days.

Postoperative course after bichectomy

After bichectomy, hospitalization is necessary at least until the next day, when the check up will be performed. If the postoperative course is standard, the patient can be discharged to home treatment. You always have to lie on your back with a raised head. The elastic mask remains 7-10 days after the operation according to the doctor's instructions.

Swelling of the face, sometimes subcutaneous blood bruises in the first postoperative days is part of the normal postoperative course. Also, body temperature can temporarily rise to 38 degrees C for 1-2 days. Therefore, it is necessary to observe a rest regime and apply cold compresses to the cheeks. Postoperative pain after surgery is mild and may persist for several days after surgery due to swelling of the face. Swelling of the face and bruises gradually subside and usually disappear by the 10th to 14th day after the operation.

Further checks are always according to the doctor's instructions and according to the state of healing, stitches are usually removed within 14 days. During this time, it is also necessary to observe a rest mode with limited movement of the head and neck. We have to add physical activity gradually. We can start with a normal load, including exercise, etc., about 1 month after the operation. Recovery is individual and depends on the healing abilities and the overall approach of each individual.

After immediate healing (within 10-14 days), we must take into account that the tissues need several weeks to stabilize. Feelings of tension when moving and violation of fine tactile sensitivity at surgical sites are a normal side effect and gradually adjusted over several weeks. Also slight swelling of the skin and mucous membranes of the oral cavity, they may temporarily appear, especially in the warmer season for several weeks. We should not actively expose the face to intense sunlight for at least 2-3 months after the operation and when in the sun protect face creams with a higher protection factor.

Complications after bichectomy

A possible complication after bichectomy is most often postoperative bleeding, hematoma, which can extend the healing time and absorption of swelling and bruising by weeks. Another possible complication is infection and subsequent inflammatory complications, which, however, we usually prevent by the preventive administration of antibiotics. The transient slight decrease in sensitivity disappears after a few weeks.

Other problems can be poorly healing scars, facial asymmetry, temporary facial weakness. These complications are relatively rare.