



DR MATTEO
VIGO

PLASTIC SURGERY

**CHEEK REDUCTION:
BUCCAL FAT PAD
REMOVAL**



If you are struggling with chubby cheeks that don't seem to budge no matter what you do, buccal fat pad reduction is the treatment for you. By removing this fat pocket we can give you a sharper and more elegant look.

Buccal fat removal is a minimally invasive cosmetic procedure that targets the Buccal Fat Pad. This is an area found deep in the cheeks on both sides of the face. Upon removal of the buccal fat, the face looks leaner and more contoured leading to a more defined lower face.

Following a buccal fat removal, you will have a sharper and more contoured appearance. Traditional facial liposuction cannot give the same results since this area cannot be treated with liposuction. Patients who suffer from resistant facial fat that doesn't shift with diet and exercise are the ones that benefit the most from buccal fat removal.

The results of Buccal fat reduction are permanent. However, it can be reversed if the patient gains a significant amount of weight.

Buccal fat removal can be performed with several other procedures to improve the overall appearance of the face:

- blepharoplasty
- face and neck lift
- chin augmentation

WHO IS A GOOD CANDIDATE FOR CHEEK REDUCTION?

This is a procedure suitable for patients of all ages, concerned about the shape and appearance of the lower half of their face due to excess fat. It is an ideal treatment for patients who have facial fat that is resistant

to dieting and exercise. Having larger cheeks is not always proportional to the weight of the patient since even slim patients can have chubby cheeks.

If you already have prominent cheekbones and only wish to rejuvenate the overall appearance of your face, it's critical that you have realistic expectations for the outcome of cheek reduction surgery. At the time of your consultation, Dr. Vigo will work with you to determine whether you are a good candidate for this procedure.

HOW IS BUCCAL FAT REMOVAL SURGERY DONE?

Buccal fat removal surgery can be done in local or general anaesthesia. On average, the procedure takes one hour. The small incision for the procedure is done inside the mouth, thus leaving no visible scars. Then the fatty deposits are gently removed through the incision.

It is important to note that the fat pads in the cheeks cannot be removed using the various liposuction methods due to their location. Patients complaining about fatty deposits mainly in their jawline may benefit more from liposuction in that area.

BUCCAL FAT REMOVAL RECOVERY

Recovery time for this procedure is very short. Most patients like to have their procedure on a Friday in order to be ready for work on Monday. Dr. Vigo highly recommends his patients make arrangements for someone to drive them home after their procedure since even after local anaesthesia, it's best not to drive after the buccal fat removal.

Bruising and swelling can be expected and can be controlled by some





ice compression. Therefore, it may take up to 3 weeks to see the final results.

The majority of the swelling goes down within the first few days of recovery. Any pain or discomfort you may experience can be alleviated with ice or paracetamol.

WHAT ARE THE RISKS ASSOCIATED WITH BUCCAL FAT REMOVAL SURGERY?

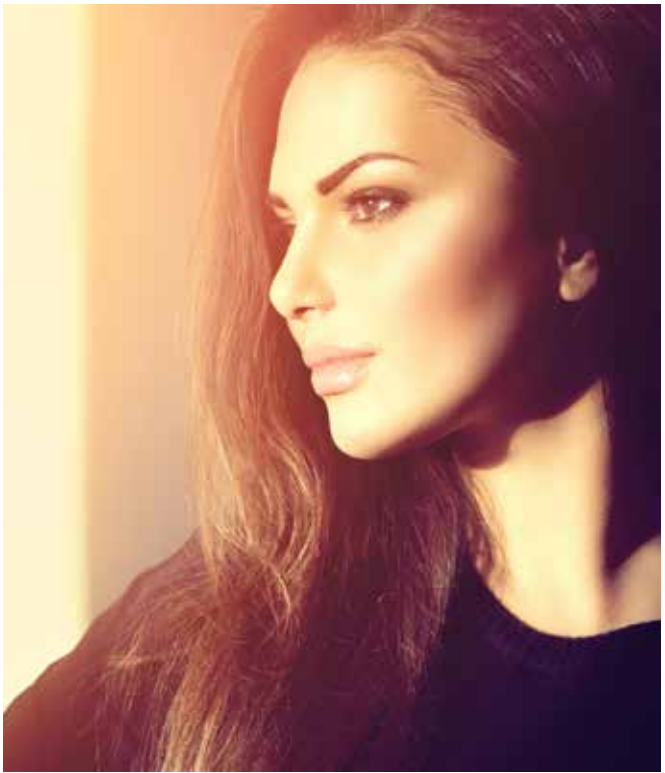
With any surgery, you must weigh the risks and the potential benefits of having the procedure. Dr. Vigo will discuss with you any risks so you can make an informed decision.

Some risks associated with buccal fat removal surgery are:

- infection at the incision site
- injury to facial nerves and/or salivary duct injury
- numbness or sensation changes
- asymmetry

SUMMARY & NOTES

Buccal fat removal is a surgery to remove the fat in this area of your face. Removing this fat can highlight the bone structure in your face, especially your cheekbones and the hollowed-out areas between your cheeks and jawline. This procedure is also sometimes called a cheek reduction.



It generally takes about seven to 10 days for the tissues inside the mouth to recover following buccal fat pad removal. As such, a patient may need to maintain a soft or semi-liquid diet in the first few days after surgery. A special mouth rinse is sometimes recommended for use after a buccal lipectomy.

The procedure is performed under local anesthesia with sedation and it is generally a day case recovery. The incision is placed inside the mouth so no visible scars are present after the surgery.

Swelling usually peaks at day 3 and subsides afterwards. It is not uncommon for some minor swelling to last 2-5 weeks after surgery. Each patient experiences a different healing process. When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. The sutures for a buccal fat pad excision are dissolvable and are usually in place for 5 to 6 days.

Possible complications include:

- excessive bleeding
- infection
- hematoma
- seroma (fluid accumulation)
- salivary gland damage
- facial nerve damage
- excess removal of fat
- facial asymmetry
- poor results



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A BRIEF NOTE FROM DR MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

“Because you deserve the best” is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

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BUCCAL FAT PAD REMOVAL DUBAI

To book a consultation with
Dr Vigo, please contact us today.

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Locations

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