

What is Cheek Reduction Surgery and Its Risks?

Cheek reduction is also known as buccal fat removal. The dermatologist suggests surgery when excessive fat collects between your cheekbones and jawbones to help shape your face. All of us have buccal fat, but some people have an excessive comparison to others. You can perform [eyelid surgery](#) and [nose surgery](#) to eliminate excess skin from the body parts.



Healthcare professionals eliminate the excess fat from your face by performing **cheek reduction surgery**. Once the surgery is completed, it highlights your bone structure, specifically cheekbones and the hollowed-out areas between cheeks and jawlines. Are you sure about cosmetic surgery for cheeks - you must find the best [Cosmetic Surgery Houston](#).



Who is The Perfect Candidate For Buccal Removal Surgery?

Are you thinking of cheek reduction or buccal removal surgery? You must consider the following points-

- Mentally and Physically fit

- Maintain a healthy weight
- Round and fuller face
- You don't like heavy or round cheeks
- You don't smoke
- Dealing with pseudoherniation (fat collects in your cheek due to weak buccal fat pad).

Buccal fat surgery is a cosmetic treatment that improves your facial looks and gives your face a new look or shape. Consider it only when you have the answer why do you want to perform this plastic surgery? You must consult with a plastic surgeon and clarify all your doubts about cosmetic surgery, including what risks and possible side effects are connected with this.

What Are Some Possible Risks Associated With Buccal Fat Removal?

Often buccal fat removal surgery considers safe, but likewise other surgeries, there are some risks associated with cheek reduction surgery, including reaction to anesthesia, infection, excessive bleeding, salivary gland damage, deep vein thrombosis, facial asymmetry, excess removal of fat, poor results, abnormal taste, etc.

What Is The Recovery Timeline of Cheek Reduction Surgery?

You recover with Cheek Reduction Surgery in between 4-6 weeks, but utmost care is required in the first 2 weeks because this is quite a difficult period. However, the stitches dissolve gradually in the first 7-10 days after the cosmetic treatment. Protect yourself from spreading infections and try to eat soft foods in the initial days. Some people use anti-bacterial mouthwash for rinsing during the treatment method, thus helping to keep you away from infections.

For better results, you must seek advice from your plastic surgeon and ask him about the postoperative terms and conditions. The plastic surgeon may aware you aware of the following points:-

- Don't consume alcohol for 2 weeks
- Don't smoke for atleast 6 weeks
- Don't lift heavy items or avoid strenuous exercise for the first 2 weeks.
- Avoid lying in bed for longer days. Get out of bed and start following your daily routine immediately.

Conclusion

The decision of plastic surgery depends on your personal goal, such as why you want to perform cheek reduction surgery. Make the final decision after comparing the benefits and complications of buccal fat removal surgery, and make sure this is your final decision. Please consult an expert surgeon and ask him their opinion on Buccal Removal Surgery.

