

# How does cheek Reduction help to lose cheek fat?

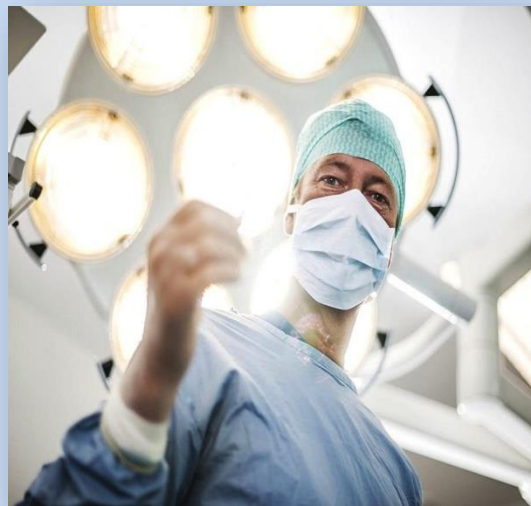
Everyone in this generation wants a slim face and a face with no fat and plumpness. And it is true that the adiposity of the face hides the facial features and stops the face from looking sharp and elegant with the pointed parts of the jawline.

Sometimes this can be embracing for the people to hear the compliment that their face doesn't depict their age as it looks like a baby's face. But, for some, this can be the best compliment.

Your face may be circular or round if you have larger buccal fat pads. You may experience feeling like you have a baby or bubbly face.

You might be thinking that what is buccal fat?

Well, here is the answer, buccal fat pad rounded around the middle of your cheeks. It's located between the facial muscles, in the hollow area with the cheekbone. Everyone has buccal fat pads.



There is nothing wrong with more enormous cheeks; however, you can consider contacting a doctor or cosmetic surgeon for an aesthetic look. [Best plastic surgeons in houston](#) will remove the extra fat and reduce the width of a round face. So, if you're interested in buccal fat removal, read this complete article for thorough knowledge.

## What is cheek reduction?

**Cheek Reduction** is a surgical process that is carried out having a principle that is similar to liposuction. This is being operated around the belief that fewer fats generally suggest significantly less volume or majority for any distinct portion of the physique. This forces the body fat by means of the incision and out in the cheek. He will then eliminate the unwanted extra fat in the mouth using forceps. The incisions are then closed with non-dissolvable sutures.

## How to identify whether you need cheek fat reduction surgery or not?

In order to identify this, you need to check your weight, whether you are overweight or underweight, the experience **cheek reduction surgery** centres.

To check wheater you need the surgery or not, you can check

- You have realistic expectations.
- You're seeking facial feminization surgery.
- You're at a healthy weight.
- You have a round, fuller face
- You dislike the fullness of your cheeks.
- You're in good physical health.



## What is the prior procedure of the cheek fat reduction surgery?

You should be aware of the facts before taking the surgery by the experts.

- Medical conditions
- Expectations and goals
- Alcohol, tobacco, and drug use

- Currently on medications, including vitamins and supplements.
- Allergies
- Past surgeries, especially those you have undergone through cesarean or C-section in the pregnancy.

These steps or quires can help you to save yourself from the impending danger due to the surgery. No matter if this is going to cover your face, but still, every minor surgery affects the body badly.

#### Conclusion :

If you're looking to achieve a thinner, more symmetrical face, considering **Cosmetic Surgery Houston** or buccal fat elimination surgery may be the way to go. This procedure is especially beneficial for those who have lost weight and want to adjust their facial contours to reflect these changes. Not only can it help you avoid the ridicule of having "chubby" or "chipmunk" cheeks, but it can also assist you in feeling more confident in your appearance. If you feel like your round, childlike cheeks are a source of discomfort, contact a qualified [premier plastic surgery](#) to learn more about your options.

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