

## **Bichectomy**

Many individuals desire a more defined and contoured facial appearance, particularly in the cheek area. Bichectomy, commonly referred to as buccal fat pad removal or "Hollywood Cheeks," is a cosmetic surgical procedure designed to reduce the fullness in the lower cheeks, creating a more sculpted and refined facial silhouette. Dr. Buğra İpek offers this procedure to help you achieve a more aesthetically pleasing and balanced facial contour.

### **Achieving Sculpted "Hollywood Cheeks" through Buccal Fat Pad Removal**

#### **Understanding Buccal Fat Pads and Their Impact**

Buccal fat pads are naturally occurring pockets of fat located in the middle of the cheeks, between the facial muscles. The size of these fat pads varies from person to person and can significantly influence the fullness of the lower face. While some individuals have naturally defined cheekbones, others may have fuller cheeks that can make the face appear rounder or less defined.

#### **What is Bichectomy (Buccal Fat Pad Removal)?**

Bichectomy is a minimally invasive surgical procedure that involves the removal of a portion of the buccal fat pads. By carefully reducing the volume in this area, the procedure can create:

- **More Defined Cheekbones:** Removing fullness below the cheekbones enhances their prominence.
- **A Slimmer Lower Face:** The overall facial contour appears more slender and sculpted.
- **Improved Facial Balance:** The proportions of the face can be harmonized, leading to a more balanced appearance.
- **The "Hollywood Cheeks" Look:** A subtle concavity in the mid-cheek area, often associated with a more glamorous and youthful appearance.

## Who is a Good Candidate for Bichectomy?

You may be a good candidate for buccal fat pad removal if you:

- Are in good general health.
- Have realistic expectations about the outcome of the surgery.
- Are bothered by fullness in your lower cheeks.
- Desire more defined cheekbones and a slimmer lower face.
- Understand that the results are subtle and may take time to become fully apparent.
- Have a stable weight, as significant weight fluctuations can affect facial fat.

## The Bichectomy Procedure at Dr. Buğra İpek

The bichectomy procedure is typically performed on an outpatient basis under local anesthesia with or without sedation. The steps involved include:

1. **Anesthesia:** Local anesthesia is administered to numb the treatment area inside your mouth.
2. **Incisions:** Small incisions (usually about 1-2 centimeters) are made inside the mouth, on the inner lining of the cheeks. This approach ensures that there are no visible external scars.
3. **Buccal Fat Pad Identification and Removal:** The surgeon gently identifies and carefully extracts a controlled portion of the buccal fat pad from each side. The amount of fat removed is precisely determined based on your facial structure and desired outcome.
4. **Closure:** The small incisions inside the mouth are closed with dissolvable sutures.

The entire procedure usually takes about 30-60 minutes to complete.

## Recovery After Bichectomy

Following bichectomy, you can expect some mild swelling, bruising, and discomfort inside your mouth. These are temporary and typically subside within a week or two. Post-operative instructions will include:

- **Soft Diet:** Consuming soft foods for the first few days to avoid putting excessive pressure on the surgical area.
- **Oral Hygiene:** Maintaining good oral hygiene with gentle rinsing using an antiseptic mouthwash as directed.
- **Pain Management:** Taking prescribed or over-the-counter pain medication to manage any discomfort.
- **Avoiding Strenuous Activities:** For a few days to promote healing.
- **Avoiding Touching the Incision Sites:** To prevent infection.

It's important to note that while some initial changes may be noticeable relatively soon, the final results of bichectomy will gradually become more apparent over several weeks to months as the swelling fully resolves and the facial contours refine.

## Why Choose Dr. Buğra İpek for Your Bichectomy Procedure?

Dr. Buğra İpek is a skilled and experienced surgeon with a keen understanding of facial anatomy and aesthetics. We are committed to providing:

- **Personalized Consultation:** A thorough evaluation to assess your facial structure and discuss your desired outcome.
- **Customized Treatment Plans:** Tailoring the amount of buccal fat removed to achieve natural-looking and balanced results that complement your unique features.
- **Minimally Invasive Techniques:** Utilizing precise surgical techniques through small intraoral incisions to minimize discomfort and eliminate visible scarring.

- **Focus on Patient Safety and Satisfaction:** Prioritizing your well-being and ensuring a comfortable and positive surgical experience.
- **Comprehensive Aftercare:** Providing detailed post-operative instructions and ongoing support throughout your recovery.

### **Achieve a More Sculpted and Defined Facial Contour**

If you desire more defined cheekbones and a slimmer lower face, a bichectomy at Dr. Buğra İpek may be the right option for you. Contact us today to schedule a confidential consultation with Dr. Buğra İpek and learn more about how buccal fat pad removal can help you achieve the "Hollywood Cheeks" look you desire.

**Op. Dr. Buğra İPEK**

**MD, FEBOPRAS Estetik Cerrah European Board Certified Plastic Surgeon**

**+90 530 293 24 00 +90 530 293 24 00 [info@drbugraipek.com](mailto:info@drbugraipek.com)**

**[www.instagram.com/opdrbugraipek](https://www.instagram.com/opdrbugraipek) - [www.drbugraipek.com](http://www.drbugraipek.com)**

**Caddebostan Mah. Bağdat Cad. 298/14 İstanbul**