TOTONCHI
PLASTIC SURGERY

Care after Frontal Bossing

This page contains answers to frequently asked questions regarding your care after Frontal Bossing surgery. This information will assist you to remember the instructions given to you after surgery.

Appearance:

- You will have a wrap around the surgical incision. Keep all dressings that have been placed on you at the time of surgery intact for 4 days.
- After 4 days you may remove your forehead dressing.
- The incision will be repaired with very fine sutures in the hairline. These sutures will dissolve on their own.
- Swelling and bruising are to be expected. You may have bruising and swelling around the eyes.
- Avoid wearing any hair styles that cause tension at the hairline for 3 months after surgery.

Activity/Bathing/Sleeping:

- You should take it easy for several days after surgery and gradually increase your activity as you feel more comfortable. We encourage walking daily.
- **You should NOT do any heavy lifting, greater than 5-10 lb, or strenuous exercise for 4 weeks.**
- You may drive when you are no longer taking narcotic pain medication and your eye swelling has subsided.
- If your job does not require heavy activity, you should be able to go back in 1-2 weeks.
- You can bathe normally, be sure to keep any dressings dry.
- **Do not shower until the dressings have been removed 4 days post-op. Do not scrub near the suture line. Thoroughly rinse the incisions**
- You should sleep in a semi-reclined position for 1 week after surgery to minimize swelling.

Drain/Incision Care:

- Drains are not used for this procedure.
- Once the dressings are removed in 4 days, you will begin applying bacitracin ointment to the incision twice daily for 1 week. Remove old bacitracin before applying new bacitracin.
- After 1 week of applying bacitracin ointment, please switch to applying aquaphor or regular moisturizing lotion to the incision twice a day.

- Dr. Totonchi will instruct additional incision care at your post-operative appointments if needed.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- **Do not drink alcohol for seven days after your surgery or while taking narcotic pain medicines.**
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your pre-surgical email sent

Medications:

- We will prescribe an antibiotic, nausea medication, and pain medication for you. Follow the directions on the bottle for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home, and do not attempt to drive while you are taking prescription pain medication.
- A stool softener (Colace) is recommended after surgery.
- Most patients will find that Tylenol will take care of the discomfort 4-5 days after surgery.
- **Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after surgery.**

Post-Operative Appointments:

- You will normally be seen in the office 3-5 days after surgery to monitor and remove the dressings.
- Additional appointments will be 1 month and 6 months to monitor healing.

Recommended Supplies:

- Q-tips, Bacitracin, and Aquaphor
- Ice Packs

We are always available if you have any questions, please call 440-461-7999.

Post-Operative Concerns: Urgent problems after submental lipectomy surgery do not occur frequently. These are the complications that will require a change in your post-operative care:

- **Hematoma** (collection of blood under the skin) can occur within a few hours to a few days of your surgery. The warning signs are:
    - Severe pain
    - Significant swelling to an area on your face or neck
    - Excessive or growing bruising
- **Infection** is rare following facelift surgery. Signs of infection are:
    - Increased temperature
    - Increasing redness, swelling or drainage from incisions
- **Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). If you have a large amount of leg swelling (either in one or both legs), or if you experience pain in your legs, contact the office immediately.
- **Breathing problems** after facelift are rare but can be a serious complication. If you develop any chest pain or shortness of breath, you must contact the office or be seen in the nearest emergency facility without delay.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and call the office.

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For educational content, practice updates, and patient resources, follow Dr. Ali Totonchi on social media and visit our website:

Website: www.drtotonchi.com

Instagram: @totonchiplasticsurgery

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