TOTONCHI
PLASTIC SURGERY

Care after Forehead Reduction

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

Appearance:

- The incision will be repaired with very fine sutures in the hairline, there are also sutures underneath the skin and will dissolve on their own over the next several months.
- Please keep the dressing clean and dry. All dressings that have been placed on you at the time of surgery should stay intact until post op day 4.
- You can remove the dressing yourself 4 days after surgery.
- The eyes and forehead may be bruised and swollen the days following surgery.
- The eyelids may be more swollen in the morning and gradually improve during the day. It will take approximately 1-2 weeks for the bruising and swelling to resolve.
- You may experience numbness to your forehead and scalp which may take 3-6 months, sometimes longer, to resolve.
- You can use hair dyes 6 weeks after your surgery.

Activity/Bathing/Sleeping:

- You should take it easy for week 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 can restart your exercise regime gradually, as tolerated, 4 weeks after your surgery.
- DO NOT drive while taking prescription pain medication. You can drive if you have stopped taking prescription pain relievers, and after any eye swelling has resolved.
- You may bathe, do not shower until dressings have been removed (4 days post-op)
- After removal of the dressing, you can start washing your hair daily with shampoo. Please thoroughly rinse the incision. Do not comb your hair near your incision as it could breaks the sutures.
- You should sleep in a semi-reclined position for 3-5 days after surgery to minimize swelling.

Drains/Incision Care:

- Drains are typically not used for this procedure.
- **Apply bacitracin to all surgical incisions 3 times a day for 1 week.**

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

- After 1 week, please discontinue bacitracin and begin using regular, non-scented moisturizing lotion. Clean your incision and apply lotion 2-3 times a day until your incision is fully healed.

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

Medication:

- We will prescribe an antibiotic, nausea medication, and pain medication for you. Follow the directions on the bottles for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home.
- A stool softener (Colace) is recommended after surgery.
- On average, the most discomfort you will have lasts the first 3-5 days after surgery.
- You can use over the counter eye drops to lubricate the eyes if they become swollen and feel dry and scratchy.
- 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 3-7 days after your surgical procedure, then at 1 month and 6 months to monitor healing.
- Additional appointments may be necessary.

Recommended Supplies:

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

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Post-Operative Concerns: Urgent problems after facelift 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 breathe, 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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