



POST-OPERATIVE INSTRUCTIONS

Hairline Lowering

Forehead Reduction Surgery

Thank you for entrusting Dr. Aharonov with your care. This guide brings together everything you need before and after your surgery — how to prepare, what to expect each step of the way, and how to care for yourself as you heal. Please read it fully before your surgery day, and keep it nearby during your recovery.

01 BEFORE YOUR SURGERY

Planning Ahead

- If you live outside the immediate Los Angeles area, we can assist you in arranging accommodations as well as your post-operative care needs.
- You may not be alone for the first 24 hours after surgery. Please arrange for someone to pick you up and stay with you through the first night — or let us help you arrange an aftercare facility or private nurse.
- Begin taking the vitamins we recommend. The amounts below are suggested; a little more or less is perfectly fine. Continue for 3 to 6 months after surgery:
Alpha Lipoic Acid 600 mg · Vitamin C 1,000 mg · Zinc 50 mg · Biotin 3,000 IU
- For at least 10 days before surgery, do not take aspirin, ibuprofen, NSAIDs, fish oil, or large doses of vitamin E. For pain or aches, you may take only Tylenol (acetaminophen).
- If you take a GLP-1 medication (such as Ozempic, Wegovy, or Mounjaro) or Adderall, please let us know — these need to be discontinued before surgery.
- If you are under 35 and otherwise healthy, no blood tests are needed. If you are over 35 or have major health concerns, please have blood tests done — with your own doctor or through our office — at least the day before surgery.
- Patients over 45 need a complete history and physical, along with clearance for surgery from their physician.
- You may color your hair up to 2 weeks before surgery.
- No smoking or tobacco, no nicotine products, and no smoking marijuana for at least 4 weeks before surgery.

02 MEDICATIONS

Your Medication Schedule

THE DAY BEFORE SURGERY

- Azithromycin (antibiotic): take 2 tablets today, then 1 tablet daily until the package is complete.
- Methylprednisolone dose pack: begin today — take all 6 tablets as directed on the package, and continue as directed until the package is complete.
- Important: do not take Azithromycin and Methylprednisolone at the same time. Separate them to help minimize stomach upset.

THE MORNING OF SURGERY

- Hibiclens wash: wash your hair, face, neck, and shoulders — cleaning each area twice. Let the rinse sit in your hair for 5 minutes, rinse, then repeat.
- Afterward, do not apply shampoo, conditioner, lotion, moisturizer, makeup, sunscreen, perfume, deodorant, hair products, or any other skincare products.
- Bring 2 Journavx tablets with you to the surgery center; they will be given under the supervision of the nurse or anesthesiologist.
- Bring your Scopolamine patch and hand it to the nurse or anesthesiologist. Do not apply it yourself unless instructed.

- Beginning the evening after surgery: take 1 Journavx tablet every 12 hours, as prescribed.
- Percocet has been provided for pain relief after surgery.
- Zofran has been prescribed for nausea — take it at the first sign of nausea.
- Benadryl may be taken at bedtime if needed for sleep.

03 THE DAY BEFORE

The Day Before Surgery

- Confirm the time of your surgery with our office.
- Do not drink any alcohol, and avoid excess salt.
- Do not eat or drink anything during the 8 hours before your surgery, unless otherwise instructed.

04 SURGERY DAY

The Morning of Surgery

- Shower and wash your entire head and hair with the Hibiclens rinse as described above. Towel-dry your hair afterward.
- Do not put any other products in your hair or on your face, and do not wear any makeup — including moisturizer. Remove all jewelry, including any removable piercings.
- Wear something comfortable that will not be tight around your head; a button-up shirt works best.
- If you wear contact lenses, bring glasses or a lens case so you can remove them before surgery.
- Bring your prescription medications with you.
- Please arrive on time to the surgery center.

05 RECOVERY BEGINS

The Evening After Surgery

WHAT TO EXPECT

- Your head will be wrapped in a dressing. It is normal for most of the discomfort to be felt in the back of the head.
- Dr. Aharonov will call you in the evening to check on you.
- A small drain may be in place; if so, it will be removed the next day.

HOW TO REST

- Apply warm compresses to the back of the neck and cold compresses to the eyes and cheeks. Do not ice the dressing or anywhere else.
- You may lie flat for sleeping. Do not place any pressure on — or lie on — the back of your head; sleeping on your side is preferred. While awake, keep your head elevated at least 30 degrees.
- Avoid eating too much salt. Eat and drink lightly — only as much as you feel like.

MEDICATIONS

- Take your medications as directed.
- You may take Extra Strength Tylenol if the prescription pain medication feels too strong. Do not take aspirin, ibuprofen, naproxen, Advil, Aleve, or anything other than Tylenol until specifically directed.
- Avoid herbal supplements that increase bleeding (such as ginkgo, garlic, or ginseng) unless cleared by your surgeon.

06 DAY ONE

The Day After Surgery

- Your dressing will be removed — along with the drain, if one was placed.
- Begin applying antibiotic ointment to the incision. Apply it to the stitches and staples at least 5 times a day, and as needed to keep the incision moist at all times, until one day after the stitches are removed the following week.
- Continue to ice on and off today.
- You may shower and wash your hair with baby shampoo or an all-natural soap. Wash your hair at least once a day, using lukewarm water and gentle pressure, and gently scrub the incision with your fingertips to keep it completely clean.

07 WEEK ONE

The Following Week

- Your stitches and staples will be removed by Dr. Aharonov 6 days after surgery — or 7 days after surgery if you are flying home.
- After the stitches are removed, apply ointment for 1 more day.
- The day after your sutures are removed, begin applying Rare Reagent Skin Recovery Complex to the incision twice daily.
- You may resume normal exercise and full activity 10 days after surgery, unless otherwise directed.

08 WEEK TWO

Two Weeks After Surgery

- Begin gently scrubbing the scar with a gentle facial scrub, no more than twice per week.
- If you notice ingrown hairs, apply Tend Skin twice a day to the incision with a cotton ball — this will reduce their occurrence.

09 WEEK THREE

Three Weeks After Surgery

- You may resume hair coloring.
- After the three-week mark, you may submerge your head under water.

10 WHEN TO CALL THE OFFICE

Contact us immediately if you experience any of the following:

- Fever over 101°F
- Increasing redness, warmth, or drainage
- Sudden asymmetric swelling
- Significant pain not relieved by medication

We are committed to supporting you at every stage of your recovery.

11 STAYING IN TOUCH

Follow-Up Appointments

Please be sure to schedule all of your follow-up appointments. If you live out of town, follow-ups can be done virtually. A typical schedule — unless otherwise discussed — is:

2 Weeks	1 Month	3 Months	6 Months	1 Year
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Additional appointments can be scheduled any time, as you desire or need. We are always available for you — please do not hesitate to contact us with any questions.