

## **Forehead Reduction Surgery General Instructions**

### **Planning Before Your Trip:**

- If you live outside the immediate Los Angeles area, we can assist you in arranging accommodations. We can also help you arrange your postoperative care needs.
- You CANNOT be alone the first 24 hours after surgery. You must either have someone pick you up and stay with you for the first night, or you need to have us help you arrange for an aftercare facility or nurse to stay with you for the first night after surgery. Please notify us of your postoperative plans. We need to know who will be taking care of you and have their contact information.
- Make sure you start taking the vitamins we recommend (these are suggested amounts to take. A little more or less is not a problem). Ideally you will start these at least 1-2 weeks before surgery and continue for at least 3-4 months after:
  - Alpha Lipoic Acid 600 mg
  - Vitamin C 1000 mg
  - Zinc 50 mg
  - Biotin 3000 U
- Do NOT take any aspirin, ibuprofen, NSAIDS, fish oil, or large doses of vitamin E for at least 2 week before surgery. Do NOT restart them after surgery until instructed to do so.
- If you are under age 35 and otherwise healthy, no blood tests are needed. If you are over age 35 or have major health issues you will need to get blood tests done either with your doctor or by our office at least the day before surgery.
- Patients over age 45 need a complete history and physical as well as clearance for surgery from their physician.
- You can color your hair up to 2 weeks before surgery, or 3 weeks after surgery.
- Refrain from any tobacco or nicotine products, or smoking anything else. These can drastically interfere with your healing after surgery.
- For the week before surgery, please limit alcohol consumption as it may thin your blood during surgery.

### **The Day Before Surgery:**

- Confirm the time of surgery with our office.
- Do not drink any alcohol and avoid too much salt.
- Do not eat or drink anything (including water) after midnight the night before surgery, unless instructed otherwise.
- Make sure you have all your prescription medications as well as a tube of over the counter antibiotic ointment and a small bottle of Hibiclens disinfectant to wash your hair with before surgery.
- Start taking the antibiotic you were given. Your first dose is the day before surgery.

### **The Morning of Surgery:**

- Shower and wash your hair and head with the antibacterial rinse. Let the rinse sit in the hair for 5 minutes before rinsing, then repeat the rinse again. Do not put any other products in your hair or on your face. You can either towel dry your hair, or come to the surgery center with it wet.
- Wear something comfortable that will not be tight around your head. A button up works best.
- If you wear contact lenses be sure to bring glasses or a case to take out your lenses before surgery.
- Please remove any piercings and jewelry.
- Bring your prescription medications with you.

### **The Evening After Surgery:**

- Ice your eyes and the back of your neck. Do not ice the rest of the head.
- Keep your head elevated at least 30 degrees and try your best to sleep face up.
- Avoid eating too much salt. Make sure to eat and drink very slowly.
- Please continue taking your antibiotics today.
- You will also start taking the Methylprednisolone. Follow the instructions on how many pills to take on each day.
- You can take Extra Strength Tylenol if the pain medication we gave you is too strong. Avoid NSAIDS or aspirin until instructed otherwise.
- Dr. Aharonov will call to check on you. You can call us with any questions.

### **The Next Day:**

- Your dressing will be removed.
- Please apply antibiotic ointment to the stitches 3-4 times a day to keep the incision moist at all time until the stitches are removed the following week.
- Continue to ice on and off.
- You may shower and wash your hair with baby shampoo or an all-natural shampoo. Please wash your hair everyday for the first week after surgery. Scrub the incision gently with your fingertips to keep the incision line completely clean.

### **The Following Week:**

- Your stitches will be removed by Dr. Aharonov 6 days after surgery. If you are flying back home, you will have your stitches taken out 7 days after surgery.
- After the stitches are removed you can stop applying the antibiotic ointment the following day.
- You may resume normal exercise and full activity 7 days after surgery, unless instructed otherwise.
- Avoid submerging your head under water until the 3 week mark.

### **Two Weeks After Surgery:**

- Start scrubbing the scar with a facial scrub.
- If you are getting ingrown hair, purchase Tend Skin and apply a small amount with a cotton ball to the incision. This will reduce the incidence of ingrown hair.

### **Three Weeks After:**

- You may resume coloring your hair again.
- You may resume swimming or submerging your head under water.
- You may start feeling the two Endotines under your scalp. They are dissolvable anchors that will go away. Try not to touch them if you feel them under the skin.
- Please make sure to contact us if you have any questions!