

## **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 pick you up.
- Make sure you start taking the vitamins we recommend (these are suggested amounts to take. A little more or less is not a problem). Plan on continuing to take these for 3 to 6 months after your surgery:
  - 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 10 DAYS before surgery. You may only take Tylenol (acetaminophen) for pain or aches.
- 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.
- NO smoking tobacco, no nicotine products, or smoking marijuana for at least 4 weeks before 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 after midnight the night before surgery unless otherwise told.

**The Morning of Surgery:**

- Shower and wash your entire head and hair with the Hibiclens 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 then towel dry your hair. **DO NOT** wear any makeup, including moisturizer to surgery. Take off all jewelry.
- 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.
- Bring your prescription medications with you.
- Please arrive on time to the surgery center.

**The Night After Surgery:**

- Your head will be wrapped in a dressing.
- It is normal for most of the discomfort to be in the back of the head.
- Take your medications as directed.
- Ice your eyes and cheeks. **DO NOT** ice the dressing or anywhere else.
- Keep your head elevated at least 30 degrees while awake. You **MAY** lay down flat for sleeping.
- Avoid eating too much salt. You do not need to eat or drink much if you do not feel like it.
- You may take extra strength Tylenol if you feel the prescription pain pills are too much. **DO NOT** take any aspirin, ibuprofen, naproxen, Advil, Aleve, or anything other than Tylenol until specifically directed.

**The Next Day:**

- Your dressing will be removed.
- You will start to apply antibiotic ointment to the incision. Please apply this to the stitches and staples at least 5 times a day and as needed to keep the incision moist at all time 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. Please wash your hair at least once a day and gently scrub the incision with your fingertips to make sure it is complete clean.

**The Following Week:**

- Your stitches and staples will be removed by Dr. Aharonov 6 days after surgery. If you are flying back home, you will have your stitches and staples taken out 7 days after surgery.
- After the stitches are removed apply ointment for 1 more day.
- You may resume normal exercise and full activity 10 days after surgery. Unless otherwise directed.

**Two Weeks After Surgery:**

- Start scrubbing the scar with a gentle 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.
- After the 3-week mark you are allowed to submerge your head under water.

Please make sure to schedule all your followup appointments. All followup appointments can be done virtually if you live out of town. Typically, here is the schedule for appointments unless otherwise discussed:

- 2 Weeks
- 1 Month
- 3 Months
- 6 Months
- 1 Year

Followup appointments can also be scheduled as you may desire or need. We are always available for you and please do not hesitate to contact us with any questions!