



Ali Totonchi, M.D.  
440-461-7999

## **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.

### **What will I see when I look in the mirror?**

Keep all dressings that have been placed on you at the time of surgery intact until your first post op visit. Please keep the dressing clean and dry. If you are visiting us from out of town, and not staying in town for the first office visit, you can removed dressing yourself 4 days after surgery.

After removal of the dressing, you can start washing your hair daily with shampoo, then apply bacitracin to all surgical incisions 3 times a day

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. 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.

### **How will my forehead feel?**

In general, the forehead is not very painful but will feel a bit tight. You may experience numbness to your forehead and scalp which may take 3-6 months, sometimes longer, to resolve. You can use over the counter eye drops to lubricate the eyes if they become swollen and feel dry and scratchy.

### **When can I shower or take a bath?**

You can bathe normally, be sure to keep any dressings on your scalp dry until seen at your post op follow up visit.

Do not shower until dressings have been removed at your post op visit.

### **When can I color my hair?**

You can use hair dyes 6 weeks after your surgery.

### **What can I do after surgery?**

You should take it easy for several days after surgery and gradually increase your activity as you feel more comfortable.

You should sleep in a semi-reclined position for 3-5 days after surgery to minimize swelling.

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.

### **When can I drive?**

You can drive if you have stopped taking prescription pain relievers, and after any eye swelling has resolved. DO NOT drive while taking prescription pain medication.

### **How much pain will I have after surgery?**

There is not much pain associated with the forehead reduction procedure. Your forehead may feel tight and “full”. The most discomfort you will have lasts the first 3-5 days after surgery.

You will be given a prescription for pain medication, take it as directed, if needed for pain.

The medication may make you feel drowsy so please have someone assist you at home for the first few days after surgery.

### **When can I drink alcohol?**

You can drink alcohol 7 days after your procedure if you are no longer taking pain medication.

### **When will I be seen in the office after surgery?**

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.

### **How will I know if I am having a problem?**

Urgent problems don't frequently occur with forehead reduction surgery.

**Vision:** Sudden change or loss of vision.

**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** Signs of infection are:

- Increased redness around the incisions
- Increased drainage from the incisions
- Increased temperature/fever

**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** with or without chest pain, seek medical attention immediately.

**Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, or other concerns, stop taking your medication and call the office.

If you have any of the above problems or other questions, contact my office at 440-461-7999.