



UTAH FACIAL PLASTICS

Transformation you can Trust

PRE-OPERATIVE INSTRUCTIONS FOR FOREHEAD REDUCTION

3-4 WEEKS BEFORE SURGERY:

- *Obtain Medical Evaluation.* If instructed by UFP make a visit to your primary care doctor to complete your medical evaluation. This should be completed at least 2 weeks before surgery. All results can be faxed to 801-615-2258.
- *Smoking.* Tobacco, cigarettes, and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. You must discontinue these products more than 4 weeks prior to surgery. Otherwise, the surgery will be cancelled.
- *Hair Care.* If planning to have your haircut or colored, please do so at least 1 week before and/or 4 weeks after surgery.

2 WEEKS BEFORE SURGERY:

- **DIET/SUPPLEMENT RESTRICTIONS:** Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over-the-counter pain medications.
- *Vitamin C.* Begin taking 1000 – 3000mg per day as tolerated 2 weeks. Vitamin C aids in wound healing.
- *Post surgery.* If your destination after surgery is more than 60 minutes from the office, you must make arrangements to stay locally.

1 WEEK BEFORE SURGERY:

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from surgery and stay with you for at least 24 hours after surgery. Caregivers must be over 18 years of age.
- *Alcohol.* Do not drink alcohol 1 week before and after surgery. Alcohol consumption may raise the blood pressure and initiate bleeding.
- *False eyelashes.* Have any false lashes removed, including extensions or strip lashes.

NIGHT BEFORE SURGERY:

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR SURGERY WILL BE CANCELED.** This includes gum, water, black coffee, and candy. If prescribed daily medications, the surgery center staff will discuss which medications to take the morning of your surgery with a small sip of water.
- *Arrival time.* The Surgery Center will call the day before surgery with the arrival time. If you don't receive a call or for further questions, call the appropriate number below:
 - Lakeview Hospital: (801)-299-2160
 - Lone peak Hospital: (801)-545-8000
 - Utah Facial Plastics Draper location: (801)-776-2220

- *Shower.* The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria.
- *Set Up Home Recovery Area.* This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.

DAY OF SURGERY

- *Arrival to Facility.* Please arrive on time at your designated surgical location. Remember to bring a photo ID
- *Dress Comfortably.* Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- *DO NOT wear* any makeup, jewelry, cosmetic creams, hair products, nail polish, sunscreen, and remove all piercings.

POST-OPERATIVE INSTRUCTIONS FOR FOREHEAD REDUCTION

NIGHT OF SURGERY

- *Movement is Important.* Make sure you are up and walking around immediately after surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Absolutely no bending, lifting, or straining. Take deep breaths frequently to keep your lungs clear.
- *Sleep.* Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keeping your body more upright will minimize swelling. Continue this for one to two weeks.
- *Ice after forehead surgery.* During the day and evening of surgery, you may gently ice for comfort. (20 minutes on, 15 minutes off). Puffiness and bruising can occur, if present it will usually regress quickly over the next few days. Icing for 24-48 hours is recommended, icing after this period can be used for comfort. Do not apply ice directly to skin, always use a clean towel as a barrier between the skin and ice.

MEDICATIONS

- *Pain.* You will be prescribed a pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcome to take Tylenol in place of the prescribed medication. Do not take Tylenol with the pain medication, often the medication you are prescribed will have Tylenol in it. Take all medications with food to minimize the risk of nausea.
- *Nausea.* Nausea is very common with this procedure. You will be prescribed Phenergan to relieve nausea.
- *Constipation.* You will likely experience constipation if taking narcotic pain relievers. MiraLAX or other over-the-counter laxatives are recommended. Do not wait to take it until you are constipated. It's not a requirement though we do strongly recommend taking MiraLAX when starting to take narcotics.
- *Medications to Avoid.* Only take the medications approved or prescribed by your surgeon. Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Ibuprofen, others) for two weeks before and after surgery. These medications may increase bleeding.

- *Substances to Avoid.* Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

ACTIVITY

- *Physical Activity.* Normal daily activity may be resumed a few days after surgery. Avoid bending, lifting for than 5lbs, or straining for one to two weeks. Do not wear any “pullover the head” clothing for at least one week.
- *Cosmetic Products.* Do not wear makeup or use face creams for the first 4 days after surgery. Do not tweeze the eyebrows for one week.
- *Exercise.* Light exercise may be resumed 2-3 weeks after surgery. Remember to start easily and build back up to your previous exercise levels. At 4-6 weeks or when further instructed by your surgeon, more intense exercise can be started. Just know that swelling may transiently be worse with exercise.
- *Driving.* Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Use good judgment.
- *Return to work.* Most patients require approximately 5-7days off work depending on their job responsibilities and amount of face-to-face interaction.

BATHING

- *Bathing.* *Bathing is permitted* if you do not get your incisions/hair wet for a minimum of two days after surgery. You are encouraged to shower and wash your hair with a mild shampoo the evening before and morning of suture removal (usually post-operative day 5 or 7).
- *Hair Care.* Lightly combing your hair with a large, toothed comb is permitted, however be very careful not to snag any sutures or staples. Hair dryers can be used on a low, cool setting to help dry the hair. Refrain from coloring your hair for 5 weeks following surgery.
- *Hot Tubs/Baths/Swimming Pools.* No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

HOW TO TAKE CARE OF YOUR INCISIONS

- *Crusting.* Occasionally, crusting may occur at the incision line. Do not pick at it. If the incision line is within the hair, showering will help resolve this on its own. If your incision line is along the hairline, you may gently clean with 50% hydrogen peroxide/50% water applied to a soft cotton swab and apply (Bacitracin/Polysporin) afterwards to keep incisions moist.
- *Sun Exposure.* Avoid and minimize sun exposure. Use SPF 30 or greater when outdoors. Even a mild sunburn can worsen swelling, irritate an incision that is healing, and cause permanent scar discoloration.

WHAT TO EXPECT

- *Bruising.* You can expect to have bruising. Most bruises will heal after about 2-3 weeks. The bruise will go from a purplish color to a yellow/green shade as it starts to resolve.
- *Swelling.* Swelling is to be expected in surrounding tissues for the first few weeks. You may feel “pulled or tight” due to the swelling. It is not unusual to have uneven or lumpy swelling on one side compared to the other, this will resolve as swelling settles.
- *Itching.* Itching at the incision sites is normal for a few days or weeks as you recover. You may take Benadryl to help with this.

- *Pain.* It is normal to experience tightness, sharp shooting pain, pressure, soreness, and fatigue for several days to weeks following surgery as you recover. You may place a lightweight, cold compress on your upper eyes and forehead for up to 48 hours to help relieve swelling and discomfort.
- *Hair Thinning.* You may experience transient thinning of the hair in the areas adjacent to the suture line. This is also normal and will resolve itself in time.
- *Sensory Changes in Skin.* You may feel numbness in the incision line, forehead, and surrounding areas. This is normal and should subside after a few weeks.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, warmth at incision site and temperature over 101°F.
- *Excessive Bleeding.* If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.
- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

Utah Facial Plastics – (801) 776-2220

Our office number connects to our 24-hour answering service after hours.

APPOINTMENT TYPE	DATE / TIME	LOCATION	STAFF/PROVIDER
Surgery <i>Time TBD day before</i>			
Post-Op Day 1 <i>Dressing change</i>			
2 Week Follow Up			