



Preoperative Precautions for Forehead Surgery

1. Discontinue medication: Aspirin, anticoagulant medications, and health supplements such as fish oil and ginkgo should be avoided one week before surgery to prevent bleeding and the formation of blood clots and extensive bruising.
2. The surgery will be performed under general anesthesia, and before the operation, blood tests, chest X-rays, and electrocardiograms will be arranged. After midnight the day before surgery, fasting for 8 hours is required, including water.
3. Inform the doctor of any past medical history and allergies.
4. Stop smoking and drinking alcohol two weeks before and two weeks after surgery.
5. Wash hair the day before surgery; there is no need to shave hair.
6. After the operation, throat pain and coughing may occur due to the intubation during anesthesia. Recovery usually takes place within one week.
7. The wound should be cleaned and the dressing changed twice a day. First, use sterile cotton swabs soaked in saline solution or boiled cold water to clean the wound, then dry it and apply a thin layer of ointment. The frequency of dressing changes may vary according to the situation.
8. After the surgery, do not lower your head or exert excessive force, and apply ice packs to the wound for 20 minutes and rest for 20 minutes according to the doctor's instructions to reduce swelling and pain.
9. Numbness or tingling sensation on the forehead and scalp is normal and usually recovers within 6 months.
10. Hair around the wound may temporarily decrease, but it will regrow in a few



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weeks or months. Permanent hair loss is rare.

11. Avoid cleaning the wound area for one week after surgery. Do not use excessive force to scratch or pull the wound or surrounding skin. After washing, dry hair with a hair dryer and apply ointment.
12. If there is bleeding, redness, fever, or severe pain at the wound site, immediate follow-up consultation is necessary.
13. The sutures and screws will be removed approximately 2-3 weeks after surgery.
14. Avoid spicy food, smoking, and drinking alcohol after surgery.
15. Bruising may spread to the eyes and cheeks and typically improves within 2-3 weeks.
16. Raise the head moderately or adopt a semi-sitting position to promote blood flow and improve swelling.
17. Suture removal: Sutures are removed approximately 14 days after forehead lift surgery, and screws are removed 21 days after surgery.