



MAO FACIAL PLASTIC SURGERY

/// JOHNNY MAO, MD, FACS

Forehead Lifts

With aging, there tends to be a descent of muscle, fat and skin of the face. As the skin and muscles of the forehead begin to lose their strength, the eyebrows can become heavy, and begin to droop. This can result in a sad, tired or angry appearance. It can also contribute to wrinkling across the forehead and between the eyes. A forehead lift is a good option to reposition the eyebrows, giving a more youthful and refreshed look. Forehead lifts can often be overdone, resulting in a surprised look. We prefer a subtle, more natural appearance.

With all elective surgery, you must be in good health and have realistic expectations. There are many variables to consider when deciding how to best approach surgical correction of brow position. The position of your hairline, the presence of wrinkles in your forehead, and whether you are male, or female all play a role in deciding which is the best surgical option. Incisions can be placed behind the hairline, in the hairline, or even in the skin of the forehead. Newer endoscopic techniques allow for multiple small incisions behind the hairline, which are well hidden. Depending on your anatomy and other factors, your surgeon will discuss the best approach.

Most forehead lifts take about two hours. Usually, you will be able to go home the same day. You will have a bandage in place. Recovery time is usually one to two weeks. You will feel well within the first two or three days, but will have some bruising, which may take up to two weeks to resolve.

The following information serves as a guide for what to expect should you wish to proceed. Please try to follow these instructions as best as you can. Failure to do so may jeopardize your final result.

Before Surgery

1. Only take Extra Strength Tylenol for aches and pains, starting at least three weeks before surgery. It is very important NOT to use any aspirin, aspirin containing compounds or non-steroidal anti-inflammatories (i.e. ibuprofen, Motrin', Advil', Aleve, Celebrex', etc). These all work by thinning your blood can cause increased bleeding during surgery and increased bruising after surgery.
2. Do not take vitamin E supplements, fish oils, omega-3 supplements, or herbal supplements such as garlic, ginkgo, or ginseng for at least, three weeks prior to surgery. These supplements may also increase the likelihood of bleeding and bruising. A prepackaged multivitamin product (such, as One-A-Day' or Centrum"} is fine, but do not add any of the above supplements.
3. If you are on a blood thinner like Coumadin (warfarin) you must let your surgeon know, and he or she will have you speak to your primary care doctor about managing this prior to your surgery.
4. Avoid alcoholic beverages the night before surgery.
5. You may be taking pain medicine after your surgery. The surgeon will write both prescriptions for you, or they will be called into your pharmacy by the office. You should also purchase a tube of ointment (Aquaphor) which you will use over your stitches after the surgery.
6. If you color or dye your hair, you should do this immediately before surgery, since you will not be able to color your hair again until one month after surgery.
7. You should not smoke or use nicotine substitutes for one month prior to surgery. Smoking cigarettes and/or using nicotine substitutes impairs healing. May cause postoperative complications, and may affect your postoperative results



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After Surgery

1. You will go home with a tight bandage around your forehead.
2. Take your pain medicine and antibiotics as directed. Extra Strength Tylenol may be enough for you after, the first couple of days.
3. Sleep with your head elevated on at least three pillows for the first week to minimize the amount of swelling you will have around your eyes. Ice packs over your eyes for the first night will also help to minimize swelling and bruising.
4. Do not exercise or do any heavy lifting or bend over for the first week.
5. You may shower after the initial bandage is removed but be very careful about scrubbing over the area. Be very gentle with washing and drying your hair. After you shower, use your ointment over the stitches, and replace the dressing immediately.
6. Apply ointment (Aquaphor) twice a day over all of your stitches for two weeks.
7. At one week after the surgery, you will need another postoperative visit to remove the stitches.
8. You should not smoke or use nicotine substitutes for one month after surgery. Smoking cigarettes and/or using nicotine substitutes impairs healing. may cause postoperative complications, and may affect your postoperative results.