HAIRLINE LOWERING SURGERY INSTRUCTIONS

**You will need to have available for after surgery:**

1. Antibiotic ointment located over the counter (Bacitracin or Polysporin)-used to keep the incision moist and clean
2. Ice packs or frozen peas
3. Q-tips to cleanse the incision with hydrogen peroxide and to apply antibiotic ointment
4. Hydrogen peroxide (used to cleanse the incision, it will remove any dried blood)
5. Prescriptions: 1. Pain medication 2. Oral Antibiotic 3. Medrol dose pack (short course of oral steroids to help reduce facial/neck swelling)

**One week before surgery:**

All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your medical doctor requires you to take it. ***Please let the doctor know if you must continue these medications.***

**Evening before surgery:**

1. Wash your face and hair thoroughly.
2. **NOTHING** to eat or drink 6 hours PRIOR to the procedure start time.
3. You must have a caregiver after the procedure**.**

**Morning of surgery:**

1. Wash your face and hair thoroughly. Comb tangles out of hair. Do not apply makeup, creams, or product to face or hair.
2. **Take one dose of the oral antibiotic with a small “sip” of water.**
3. Wear a zip up or button up shirt and wear comfortable clothing for the procedure.
4. You may want to wear a “hooded” shirt, sweatshirt or jacket or bring a scarf to wear around your head, if desired to help conceal the dressing when leaving the office.

**After surgery:**

1. Relax and rest with head elevated above chest for first 3-5 days. 2-3 pillows or a reclining chair work well. This will help with swelling.
2. Keep well hydrated. Eat a low sodium high protein diet to help with swelling and to ensure good healing.
3. Apply frozen peas in a plastic baggy or ice packs to eye area(s) intermittently for the first 36-72 hours. ½ hour intervals off and on while you are awake works well. Use a thin washcloth between the plastic and your skin. The bruising and swelling will move downward after the procedure, and will be more noticeable around your upper and lower eyelids, and cheeks. Then will continue to move downward and resolve completely after 1-2 weeks.
4. Take your pain medication every 4-6 hours, if needed. Always take narcotic pain medicine with food to decrease nausea. If you do not have pain, do not take the medication. For minimal pain, take Extra-Strength Tylenol **ONLY. DO NOT TAKE** any aspirin or aspirin-like products.
5. Clean incisions with a q-tip(s) soaked with hydrogen peroxide. Take q-tip(s) moistened with hydrogen peroxide and roll over the incision and the sutures, this will help remove any dried blood, and keep the incision clean. Then apply antibiotic ointment directly to the incision/sutures with a q-tip or clean finger, 3 times a day for the first 7-10 days (continue until your first post operative appointment). The goal is to keep the incision clean, prevent any crusts or scabs to the incision, and moist. IF the incision is clean, you may stop the hydrogen peroxide cleaning, but continue the topical antibiotic ointment application.
6. Refrain from strenuous exercise and high aerobic activities for 1 week.

**Other instructions:**

1. You may have a turban-type dressing wrapped around your head. If so, it will remain in place for the first 24-36 hours (Dr. Sidle will specify on the day of the procedure). Then you may remove this “turban dressing” and wear no dressing. You may wear a light dressing (such as a non adherent telfa pad) under a soft cloth headband to help conceal the incision as needed.
2. You may experience bruising and swelling around your eyes and cheeks. This is not unusual and should gradually diminish over the first 1-2 weeks.
3. You may shower and shampoo your hair with mild shampoo after the dressing is removed. This is usually 24-36 hours (1-2 days) after surgery.
4. Use the cool setting on your hair dryer because you may have temporary numbness of your forehead and scalp.
5. Limit your activity with no aggressive heading turning or moving head up and down for first 72 hours—controlled movements recommended to decrease the risk of bleeding or bruising. You may drive a car when you are no longer on prescriptive pain medication. Sexual activities may be resumed after one week.
6. Caution should be exercised to avoid hitting the incision line or bumping your head.
7. If you experience sudden swelling, bleeding, or body temperature elevation, call the office immediately.

**General information:**

1. There may be some temporary hair loss along the incision line, and this would be normal. This will typically grows back within 2-3 months.
2. Sutures and/or clips are generally removed after 7-10 days following surgery

**Please do not hesitate to call Dr. Sidle if you have any questions or concerns.**

**Dr. Sidle’s Contact Information:**

**Office 312-695-8182**

**Dr. Sidle’s Cell 773-220-4972-\*\* feel free to contact him with any questions, text him questions and you can text him pictures as needed.**