

Precautions After Forehead Reduction

1. Swelling and bruising may appear differently on each side, but they will improve with time.
2. The degree of swelling, bruising, and pain varies by individual and is not related to the surgical outcome, so there is no need to worry.
3. For at least 2–3 days, keep your head elevated above heart level. Major swelling usually improves within 2 weeks, while minor swelling can continue to decrease gradually for up to 3 months.
4. Applying cold compresses for 2–3 days after surgery helps reduce swelling. When applying, place gauze or a clean tissue over the area to prevent water from touching the wound.
5. Stitch removal is usually done on the 10th day and may be completed in two sessions depending on healing progress.
6. Shampooing is possible from the next day, but take care to avoid getting water directly on the incision or stitches. After washing, keep the suture area completely dry.
7. Incision scars may vary depending on the individual. They may appear red and firm for 2–3 months but will gradually fade and become less noticeable over 6 months to 1 year.
8. Temporary hair loss may occur near the incision line on the scalp, but this usually improves over time. The incision line itself may also appear firm for 2–3 months.
9. Daily activities such as opening the mouth widely may feel uncomfortable at first but will improve as recovery progresses.
10. Avoid applying cosmetics or any other irritating substances to the surgical site until stitches are removed.
11. For 4 weeks, avoid alcohol, smoking, saunas, hot baths, and strenuous exercise.
12. Recovery speed varies by individual, and improvements in sensation may continue for more than 6 months.
13. If you experience severe pain, bleeding, or skin color changes within the first 24 hours, contact the hospital and return for evaluation immediately.

⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.



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