

D13-FOREHEAD REDUCTION SURGERY



D.13 Forehead reduction surgery

Forehead reduction surgery, also known as forehead contouring or hairline lowering surgery, is a cosmetic procedure designed to decrease the height of the forehead and improve the overall balance of facial features. This procedure is often sought by individuals with a high forehead or a receding hairline who wish to create a more proportionate appearance. Here's a detailed overview of forehead reduction surgery, including its indications, procedure, benefits, recovery, and considerations.

Indications for Forehead Reduction Surgery

- High Forehead
- Receding Hairline
- Facial Aesthetics

Benefits of Forehead Reduction Surgery

- Enhanced Appearance
- Increased Confidence
- Permanent Results

The Forehead Reduction Surgery Procedure

1. Consultation:

- o A careful consultation with a board-certified plastic surgeon to discuss goals, medical history, and any concerns. The surgeon will evaluate the forehead and hairline to determine the best approach.

2. Anesthesia:

- o The procedure is performed under general anesthesia.

3. Incision:

- o An incision is typically made along the hairline, allowing the surgeon to access the underlying tissues. The incision may be designed to blend seamlessly with the hairline for minimal visibility.

4. Tissue Removal:

- o The surgeon removes a section of forehead skin and underlying tissues, including fat and muscle, to lower the hairline. The amount of tissue removed will depend on the desired reduction.

5. Closure:

- o The incision is closed with sutures, and the procedure generally takes about 1 to 2 hours.

Recovery After Forehead Reduction Surgery

- **Initial Recovery:** Swelling, bruising, and discomfort are common for the first few days. Pain can usually be managed with prescribed medications or over-the-counter pain relievers.
- **Downtime:** Most patients can return to normal activities within a week, though strenuous activities should be avoided for 6 to 8 weeks.

· **Hygiene:** Patients are advised to keep the incision area clean and follow specific aftercare instructions to reduce the risk of infection.

· **Follow-Up:** Regular follow-up appointments with the surgeon are essential for monitoring healing and ensuring optimal results.

Risks and Considerations

· **Scarring:** Visible and may need hair transplant on the scar.

· **Hair Loss**

· **Asymmetry**

· **Nerve Damage**

· **Infection**

· **Hematoma**

