



Jeffrey S. Epstein, M.D., FACS



INSTRUCTIONS FOR SURGICAL HAIRLINE ADVANCEMENT

Pre-operative Information

It is important that you understand the nature, goals, potential complications, and limitations of this procedure. These are explained during your consultation. If you have any further questions, please speak with Dr. Epstein or the office before your surgery.

This procedure is performed by a single incision made along the hairline, which typically heals as a fine line scar with hair that grows through it. Patients typically look socially acceptable in five days with some creative hair styling, and by 10 to 14 days the hairline incision is barely visible. Patients can expect some numbness for several months behind the incision. Occasionally this procedure is combined with a browlift, when elevation of the eyebrows is desired in order to create a more youthful appearance.

Pre-operative Instructions

1. Avoid excessive sun exposure for two weeks prior to surgery.
2. Take vitamin C - 1,000 mg a day - for two weeks prior to surgery.
3. Take no ASPIRIN-containing medications, vitamin E, or ginkgo biloba for two weeks prior to and five days after surgery.
4. Avoid drinking alcohol and taking ibuprofen for 3 days prior to your procedure. Ibuprofen can be taken for post-procedure discomfort.
5. Most often these procedures are performed under local anesthesia with oral sedation. However, if intravenous twilight sedation is to be administered, have nothing to eat or drink after midnight the night before surgery. The exception is take your regular medications with a sip of water.
6. Wash your face and hair using Hibiclens (available without prescription at any drugstore) the evening before or the morning of surgery. Do not apply moisturizers, make-up, or hair spray.
7. On the morning of surgery, do not wear contact lenses, only glasses.
8. Wear comfortable clothing with a top that buttons or zippers in the front.
9. Avoid cigarette smoking for one week before and after your surgery.
10. Call the office if you have any apparent illness or cold symptoms.
11. If you receive intravenous twilight sedation, you must arrange for someone to drive you home after surgery and stay with you until at least the next morning. If you live out of the area, special travel and hotel arrangements can be made with our assistance. If requested ahead of time, we can arrange for a surgical assistant from the office to stay with you during that first night.

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Post-operative Instructions

1. You can be up and about as soon as the effects of the anesthesia have worn off. Long periods of lying flat will cause swelling to persist. Sleep with your head elevated on three pillows for the first three days after surgery.
2. It is best to start eating mild foods, then progress to your normal diet as tolerated.
3. Do not remove dressings unless instructed to do so. Dr. Epstein will remove your dressing the first or second day after surgery.
4. Sutures will be removed after approximately six days. Keep incisions moist with antibiotic ointment.
5. Wearing an ice pack over the eyes for the first 48 hours may reduce any swelling and bruising.
6. Medications should be taken as prescribed.
7. Avoid straining, bending, or heavy exercise for the first week after surgery. Resume activities as instructed by Dr. Epstein.
8. You may shower or bathe and wash hair after the dressing is removed, usually on the second day after surgery.
9. Hair coloring and permanents are permitted four weeks after surgery.
10. Continue the use of vitamin C for one week, and you can resume aspirin and vitamin E.
11. Make-up can be worn as soon as two days after surgery.
12. Avoid direct sun exposure for two weeks after surgery.
13. Because of the potential for temporary loss of sensation of the scalp, use caution when using hot blow dryers or curling irons. You may have your hair colored, cut, styled, etc. as soon as two weeks after surgery.

Note the following

1. Temporary swelling and bruising are expected for the first week after surgery.
2. Temporary numbness of the scalp and/or forehead typically occurs; in most cases the sensation returns in three to six months.
3. Be aware that this surgery necessitates making an incision along the hairline which can be concealed. In a very small number of cases, there can be a temporary or even a permanent loss of hair in these areas.
4. Call Dr. Epstein or the office for elevated temperature, for excessive swelling or discomfort or with any questions. Dr. Epstein can be reached on weekends and evenings on his cell phone (305)310-6361.

The office of Dr. Epstein is regulated pursuant to the rules of the Florida Board of Medicine as set forth in the Rule Chapter 64 B8 FAC.

I, _____ *acknowledge receipt of these instructions.*

Patient Signature

Date