



Dr. Ziad Katrib

POST OP INSTRUCTIONS – FOREHEAD FLAP

- 1) This is an awkward time for patients. This tube of skin may look “odd” to you and others, but remember that this is TEMPORARY. The final result will make this period worth it.
- 2) Sleep with your head above your heart in a recliner or with 2 pillows for the first 72 hours. This will help decrease swelling.
- 3) Keep your face completely dry for 48 hours.
- 4) You may shower immediately after surgery, but try to keep the flap dry for 48 hours. After 48 hours, gently clean the flap with soap and water in the shower. Very gently pat the flap dry or leave to air dry.
- 5) If you must wear glasses, you should use tape to suspend them from your forehead. Do not rest them on the flap.
- 6) Apply Vaseline or Aquaphor 2-3 times per day. Do not use any antibiotic containing creams or ointments.
- 7) No strenuous activity for the first week after surgery. Light mobility is encouraged, however. Walk as much as possible.
- 8) Stay very hydrated, and take pain medicine only as prescribed. Do not drive on pain medication.
- 9) If prescribed antibiotics, take this as instructed. If you develop severe diarrhea or a rash, contact office.
- 10) If ear cartilage was needed in surgery, you will have a “bolster” sewn to the ear. It is ok for light shower after 48 hours to this area just like the nose/forehead. No ointment is needed in this area. This will be removed in the office at the 1 week visit.

If any issues arise, please contact the ENT office at **502.583.3687**