

Forehead Reduction

A high forehead or receding hairline can significantly impact facial proportions, making the forehead appear disproportionately large and affecting overall facial harmony. **Forehead Reduction** and **Hairline Lowering** are surgical procedures designed to address these concerns, creating a more balanced and aesthetically pleasing appearance. If you're looking to enhance your facial proportions and boost your confidence, these procedures might be the perfect solution for you.

Achieving Facial Harmony and Confidence

What is Forehead Reduction and Hairline Lowering?

Forehead reduction and hairline lowering are surgical procedures that reduce the height of the forehead and bring the hairline forward. This is achieved by removing a strip of skin from the forehead and advancing the scalp to lower the hairline. The result is a more proportionate and harmonious facial appearance.

Who is a Good Candidate for Forehead Reduction

These procedures are ideal for individuals who:

- Have a naturally high forehead or receding hairline.
- Feel that their forehead is disproportionately large compared to the rest of their face.
- Are bothered by the appearance of their hairline and want a more balanced look.
- Have good scalp elasticity and overall health.
- Are non-smokers or willing to quit smoking before and after surgery.
- Have realistic expectations about the results.

During your consultation, Dr. Buğra İpek will evaluate your facial anatomy, scalp condition, and personal goals to determine if you are a suitable candidate for these procedures.

The Benefits of Forehead Reduction

Forehead reduction and hairline lowering offer both aesthetic and emotional benefits, including:

- **Improved Facial Proportions:** The procedures create a more balanced and harmonious facial appearance.
- **Enhanced Hairline:** The hairline is brought forward, reducing the height of the forehead.
- **Boosted Self-Confidence:** Many patients feel more comfortable and confident in their appearance after surgery.
- **Natural-Looking Results:** The results are designed to look natural and complement your facial features.
- **Long-Lasting Results:** The effects of these procedures are permanent, providing a lasting transformation.

The Forehead Reduction and Hairline Lowering Procedure

The procedure is performed under general anesthesia or local anesthesia with sedation and typically takes 2 to 3 hours. Here's what to expect:

1. **Incisions:** Dr. İpek will make a carefully planned incision along the hairline. The incision is designed to be as inconspicuous as possible, blending naturally with the hairline.
2. **Removing Excess Skin:** A strip of skin is removed from the forehead to reduce its height.
3. **Advancing the Scalp:** The scalp is advanced forward to lower the hairline and cover the area where the skin was removed.
4. **Closing the Incisions:** The incisions are closed with fine sutures, which are typically removed after a few days.



5. **Recovery:** The forehead is bandaged to support the healing process, and you will be given detailed aftercare instructions.

Recovery After Forehead Reduction and Hairline Lowering

Recovery time varies for each patient, but most individuals can return to light activities within 1 to 2 weeks. Here's what to expect during the recovery process:

- **Immediate Post-Op:** You may experience swelling, bruising, and mild discomfort, which can be managed with prescribed pain medication.
- **First Few Days:** You will need to keep your head elevated and avoid strenuous activities. Cold compresses can help reduce swelling.
- **Long-Term Care:** Swelling and bruising will gradually subside, and final results will become apparent within a few weeks. Dr. İpek will provide detailed aftercare instructions to ensure a smooth recovery.

Why Choose Dr. Buğra İpek for Forehead Reduction and Hairline Lowering?

Dr. Buğra İpek is a highly skilled and experienced plastic surgeon specializing in facial procedures. With a patient-centered approach, Dr. İpek prioritizes your safety, comfort, and satisfaction. He takes the time to understand your goals and creates a personalized treatment plan to achieve natural-looking, proportionate results.

Frequently Asked Questions (FAQs)

1. How long do the results last?

The results of forehead reduction and hairline lowering are permanent, providing a lasting transformation.

2. Will I have visible scars?

Scars are an inevitable part of the procedure, but they are carefully placed along the hairline to be as inconspicuous as possible and will fade over time.

3. Can I combine these procedures with other treatments?

Yes, many patients choose to combine forehead reduction and hairline lowering with other procedures, such as brow lift, facelift, or hair transplantation, for a more comprehensive rejuvenation.

4. When will I see the final results?

While initial results will be visible once swelling and bruising subside, the final results will become apparent within a few weeks.

If you're considering forehead reduction and hairline lowering, schedule a consultation with Dr. Buğra İpek to discuss your options and take the first step toward a more balanced, harmonious, and confident you.

Op. Dr. Buğra İPEK

MD, FEBOPRAS Estetik Cerrah European Board Certified Plastic Surgeon

+90 530 293 24 00 +90 530 293 24 00 info@drbugraipek.com

www.instagram.com/opdrbugraipek - www.drbugraipek.com

Caddebostan Mah. Bağdat Cad. 298/14 İstanbul