



ALASKA FACIAL PLASTIC SURGERY & ENT
CHRISTINA MAGILL MD

3719 E. Meridian Loop, Suite E, Wasilla, AK 99654 P: 907-671-6017 F: 907-631-0766

PARAMEDIAN FOREHEAD FLAP FOR NASAL RECONSTRUCTION

Your Care at Home

A Paramedian forehead flap is a two stage surgery done to rebuild different defects of the nose. Usually this is after a skin cancer has been removed.

First Stage

During the first surgery your surgeon will take a skin flap from the forehead above your nose, and move it down to cover the open area where the skin cancer was taken from your nose. Your surgeon may also use some cartilage from your ear to help rebuild the shape of your nose.

What to expect after the first stage of surgery?

- You will have an incision and stitches on your forehead where the skin flap was taken from and on your nose where the skin flap was sewn in place.
- The area where the skin flap was moved down will be raw and may ooze some blood. This area will be covered with yellow gauze called Xeroform™.
- You may feel nervous about how you look after the first stage of the surgery; remember that this is only temporary.

How to take care of your incision after Stage 1 surgery?

- Keep your incisions completely dry for 2 days following surgery. Then you may let water run over the incisions and gently pat dry. Do not soak or scrub the incisions for 2 weeks.
- You can gently apply a thin layer of antibiotic to the forehead incision area 2-3 times per day.
- The yellow gauze needs to stay in place at all times to keep the raw exposed area covered and moist. The yellow gauze will be changed in a clinic appointment in 7-9 days.
- It will be hard to wear glasses after the first stage of surgery; they should not rest or put pressure on the flap area.

Second Stage

The second surgery is done about **3-4 weeks after the first surgery**. There needs to be a good blood supply at the nose where the flap has been placed. This is a smaller surgery, but still usually done under a short general anesthesia. At this stage the skin flap is separated. A small part of the lower forehead is reopened and the inner eyebrow is recreated. The area where the nose defect was can be shaped to look better.

How to take care of your incision after Stage 2 surgery?

- Keep your incisions completely dry for 2 days.
- After 2 days you can gently clean around your incisions with mild soap and water.
- You can gently apply a thin layer of antibiotic to the incision areas 2-3 times a day.

Activity after both stages of surgery

- Keep your head raised 30 degrees (use 2-3 pillows) to help keep swelling down the first week after each surgery.
- Light activity only for 1 week after each surgery; no swimming, jogging, exercise classes or contact sports.
- Avoid lifting more than 10 pounds for 1 week after each surgery.
- Plan to take a week off work; depending on the type of work you do this may need to be longer.
- Do not use ice packs on your surgical site.

When to call your doctor or clinic nurse?

If you have any of the following symptoms, please call your doctor or clinic nurse:

- Any Sign of Infection
- Spreading redness
- Increased pain, warmth or swelling at the surgery site
- Cloudy pus like drainage from the surgery incision
- Fever over 100.5 degrees on 2 readings 4 hours apart
- If the flap looks pale white, gray or black in color
- Bleeding that is soaking the dressings in 10 minutes or less
- If your pain is not controlled with pain medicine

If you have questions or concerns following your surgery please call our office at **907-671-6017** (after hours, ask for ENT doctor on call) or call **911** for emergency.