

## BROW LIFT

### Generic Postoperative Instructions

- Take all of your medications as prescribed by your surgeon
- Keep the surgical site clean and dry for 3-5 days and follow all wound care instructions
- Avoid any strenuous activity including exercise for the first few weeks after surgery
- Sleep with your upper body elevated, propped up on pillows, during the first week after surgery
- Avoid smoking and drinking alcohol, as they can slow the healing process
- Attend all follow-up appointments as scheduled and report any concerns immediately

### Brow Lift Specific Instructions

- After surgery, you may experience swelling and bruising which typically peaks at 48-72 hours and gradually subsides afterwards. To help reduce swelling, it is recommended to sit upright as much as possible during this period.
- Apply cool compresses to the face intermittently in the first 72 hours. It is important to wrap the compresses in a clean towel and not apply them directly to the skin.
- While brow lift surgery is not typically very painful, you may experience some discomfort from swelling and tightness that can cause headaches. In case of such pain, you may take one of two pain-relieving tablets such as paracetamol when needed.
- Wear any compression garments or supports recommended by your surgeon.
- The sutures used in the scalp are dissolvable and hidden within the hairline. The tissues, which may initially feel soft, will harden and become slightly lumpy over the next few weeks before eventually softening again. This is a natural result of healing process following surgery.

- During the initial week after the procedure, you might observe a reduction in movement or wrinkles on your forehead. This effect may be more pronounced on one side, and it occurs due to nerve bruising, causing temporary weaknesses the muscle movements of that area. Although it is rare, typically it recovers within 2-3 months.
- Numbness in the crown of your head and forehead can be a common postoperative feeling and should subside after a few months. During this period, you may also feel tingling, tightness, or hypersensitivity in the area as the nerves regenerate.

**If you have any postoperative care concerns or questions, please do not hesitate to contact us. You may email my secretary or call our office at 01227 764 499. During out of hours, you could directly contact the private hospital for further assistance.**