

# TEMPORAL LIFT - LATERAL BROW LIFT PATIENT INFORMATION GUIDE

*(Educational material - not a replacement for personalised medical advice)*



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# Information For Patients

This booklet provides information to help you decide whether to have a temporal lift. It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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## What is a Temporal Lift?

A temporal lift is a surgical procedure designed to elevate the outer portion of the eyebrows and improve the appearance of the temple and upper eye area.

It is considered a limited form of brow lift that focuses on the outer brow rather than the entire forehead. Small incisions are typically placed within the hairline near the temples to reposition the underlying tissues and lift the brow to a more natural position.

The procedure aims to reduce the appearance of heaviness or drooping at the outer eye area while maintaining natural facial expression.

A temporal lift does not usually remove excess skin from the upper eyelid. If significant eyelid skin is present, your surgeon may discuss whether eyelid surgery alone or a combined approach would be more appropriate.

## Why Consider This Procedure?

You may consider a temporal lift if you experience:

- Drooping of the outer eyebrows
- A heavy or hooded appearance at the outer upper eyelid
- A tired, sad or downturned look around the eyes
- Mild asymmetry of brow position
- Loss of youthful contour in the temple region

The procedure is intended to restore a more refreshed appearance while preserving natural facial movement.

# Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before the procedure
- Avoid blood-thinning medications unless approved by your doctor
- Disclose all medications, supplements and medical conditions
- Arrange assistance during the early recovery period
- Follow fasting instructions if required

Your surgeon will review your medical history and discuss the treatment plan during consultation.

## Your Treatment Journey (International Patients)

### Initial Assessment

Your medical history, photographs and treatment goals are reviewed.

### Travel Arrangements

Airport pickup and accommodation may be arranged through the treating hospital or clinic.

### Pre-Operative Appointment

You will attend a consultation for examination, surgical planning and confirmation of consent.

### Surgery Day

The procedure is typically performed in a hospital or surgical facility.

### Post-Operative Stay

Most patients return to their accommodation the same day after a period of observation.

### Return Travel

Patients are usually advised to remain abroad for several days to allow for early follow-up before travelling home.

## The Procedure

During a temporal lift, the surgeon repositions the tissues of the temple and outer brow to elevate the eyebrow and improve contour.

Small incisions are made within the hairline to minimise visible scarring. Through these incisions, the underlying tissues are adjusted and secured in a higher position.

The procedure is typically performed under local anaesthesia with sedation or under general anaesthesia, depending on the surgical plan.

Surgery usually takes about 1 to 2 hours.

## After the Operation

After surgery you may experience:

- Swelling and bruising around the temples and eyes
- Mild discomfort or tightness
- Temporary numbness in the treated area
- A feeling of tension in the scalp
- Dressings or a light bandage may be applied

These effects are usually temporary and improve over time.



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# Recovery and Expected Results

## First Week

Swelling and bruising are common and gradually begin to settle.

## Weeks 2–3

Most visible swelling improves and many patients return to normal daily activities.

## Weeks 4–6

The brow position becomes more stable and the refreshed appearance becomes more noticeable.

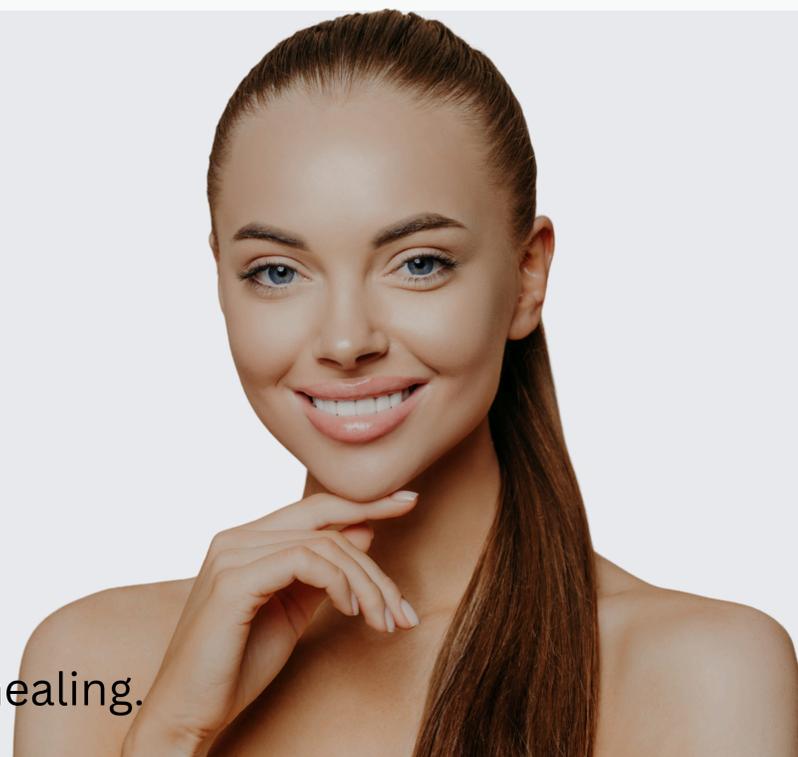
Scars are typically concealed within the hairline and fade gradually.

## Aftercare Instructions

You may be advised to:

- Keep the head elevated during rest
- Avoid strenuous activity for several weeks
- Avoid pressure on the temples and forehead
- Follow wound care instructions carefully
- Attend scheduled follow-up appointments

Following aftercare instructions supports proper healing.



## Potential Benefits

A temporal lift may:

- Elevate the outer brow position
- Improve contour of the temple and upper eye area
- Reduce the appearance of heaviness at the outer eyelids
- Create a more refreshed facial appearance
- Improve facial balance

Results vary between individuals.

# Risks and Complications

All surgical procedures carry some degree of risk.

Possible complications may include:

- Infection
- Bleeding or haematoma
- Temporary or prolonged numbness
- Scarring
- Asymmetry
- Hair thinning near incision sites
- Nerve irritation or weakness
- Need for revision surgery

Your surgeon will discuss potential risks during consultation.



## Procedure-Specific Considerations

### Suitability

The degree of brow descent and skin quality influence whether a temporal lift alone is appropriate.

### Combination Procedures

A temporal lift is often performed alongside eyelid surgery or facelift procedures.

### Hairline Position

Incision placement and technique may vary depending on hairline characteristics.

### Longevity of Results

Ageing continues after surgery, and results may gradually change over time.

## When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing swelling or redness
- Fever
- Severe or worsening pain
- Excessive discharge from the surgical site
- Sudden shortness of breath



## Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for a temporal lift?
- Is a full brow lift or eyelid surgery more appropriate?
- What type of anaesthesia will be used?
- What results are realistic in my case?
- What is the expected recovery timeline?

## Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

## Contact Information

If you require further clarification before your consultation or treatment, please contact:

World Medi Group  
contact@worldmedigroup.com  
Phone/WhatsApp: +44 7464085948  
www.worldmedigroup.com

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