BROW LIFT (FOREHEAD 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 brow lift (forehead 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 Brow Lift?

A brow lift is a surgical procedure designed to elevate the position of the eyebrows and improve the appearance of the forehead and upper eye area.

Over time, ageing and gravity can cause the eyebrows to descend, creating a tired, heavy or concerned appearance. A brow lift helps reposition the brow to a more natural position and smooths the forehead area.

The procedure can improve the appearance of sagging eyebrows and reduce forehead lines while maintaining natural facial expression.

Why Consider This Procedure?

You may consider a brow lift if you experience:

- Drooping or low-positioned eyebrows
- A heavy appearance above the eyes
- Deep forehead lines
- A tired or concerned facial expression
- Reduced visibility of the upper eyelid due to brow position

A brow lift is designed to improve facial balance and restore a more refreshed appearance.

Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Disclose all medications, supplements and medical conditions
- Arrange assistance during early recovery
- 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 are arranged through the treating hospital.

Pre-Operative Appointment
You will attend a consultation for examination, surgical planning and consent confirmation.

Surgery Day
The procedure is usually performed in a hospital environment.

Post-Operative Stay
Most patients return to their accommodation the same day or after a short observation period.

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

The Procedure

During a brow lift, the surgeon repositions the forehead tissues and elevates the eyebrows to improve their position.

Small incisions are usually placed within the hairline or scalp to minimise visible scarring. Through these incisions the underlying tissues are adjusted to lift the brow.

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

Surgery usually takes 1 to 2 hours.

After the Operation

After surgery you may experience:

- Mild swelling and bruising around the forehead and eyes
- Temporary tightness in the forehead
- Minor discomfort
- Temporary numbness in the treated area

Dressings or a light bandage may be applied during early recovery.

Recovery and Expected Results

First Week
Swelling and bruising are common during the initial recovery phase.

Weeks 2–3
Most swelling gradually improves and many patients return to normal daily activities.

Weeks 4–6
The brow position becomes more settled and the refreshed appearance becomes more noticeable.

Scars are typically hidden within the hairline and fade over time.

Aftercare Instructions

You may be advised to:

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

Following aftercare instructions helps support proper healing.

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Potential Benefits

A brow lift may:

- Elevate the position of the eyebrows
- Improve forehead contour
- Reduce the appearance of forehead lines
- Create a more refreshed facial appearance
- Improve facial balance

Results vary between individuals.

Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

Possible complications may include:

- Infection
- Bleeding
- Temporary numbness
- Scarring
- Asymmetry
- Hairline changes
- Need for revision surgery

Your surgeon will discuss potential risks during consultation.

Procedure-Specific Considerations

Combination Procedures
A brow lift is often performed together with eyelid surgery or facelift.

Skin Elasticity
Skin quality influences the final result of the procedure.

Hairline Position
The surgical technique may vary depending on hairline position and forehead shape.

Facial Balance
The goal of surgery is to restore natural proportions while maintaining facial expression.

When to Seek Medical Advice

Seek medical attention if you experience:

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

Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for a brow lift?
- What surgical technique will be used?
- What type of anaesthesia will be recommended?
- What results are realistic for my case?
- What is the expected recovery timeline?

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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:

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Document Information

Procedure: Brow Lift (Forehead Lift)
Series: World Medi Group – Patient Information Series
Version: 1.0
Date of Issue: 2016

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