

Brow Lift / Forehead Lift

Post - Operative Instructions

You will experience some bruising and swelling over your forehead area. This may get worse over the first few days. You can expect this to gradually settle down at around 4-5 days post operatively.

The forehead will feel tight whilst the swelling is at its peak during the first few days. Often the skin of the forehead and extending up the scalp is numb/frozen. The early signs of recovery are the pins and needles, or shooting sensations you will experience.

The cuts in your scalp are sealed with staples and will all be removed at your 7-10 day follow up.

You may wash your hair, but do so salon style with your head backwards. Please use a simple shampoo without too many chemicals. You will need to wait one month after the surgery before you consider having your hair coloured.

If you require pain relief, we recommend that you take paracetamol or the medication provided by the hospital on your discharge. Please avoid taking aspirin/anti inflammatories as these can cause bleeding. You may recommence your usual medication as soon as you can eat or drink unless otherwise advised.

Strenuous exercise or anything that is likely to increase your blood pressure should not be resumed for 3 weeks. Try also to avoid leaning or stooping forward, and straining following surgery, as this will reduce the risk of a secondary bleed.

Using cold compresses over the cheek and neck can be very soothing and will help with the bruising and swelling. Do not use ice directly on the face as it can burn – wrap it in a clean cloth first. Alternatively you could run some cold water over a flannel and leave it in the fridge and use when required.

Contact Information

During office hours you are welcome to telephone or visit Mr Ion's nurse at the consulting rooms. Please call her prior to your visit on

0207 486 77 57

In an emergency or in case of doubt regarding your surgery and post operative condition, out of office hours, please contact Mr Ion's nurse on

0774 96 44 519 or the hospital where you had your surgery:

West London Clinic

0208 222 7999

The Wellington

0207 586 5959

The Cromwell Hospital
Resident Medical Officer

0207 460 2000

St Luke's Hospital

02073884954

The Hospital of
St John & St Elizabeth

0207 806 4000