

Brow Lift Aftercare

Recovery guidance following a direct lateral brow lift, based on Waterfront Private Hospital's patient information. This online guide should be used alongside the specific instructions given to you by your surgical team.

Typical recovery: Light activity within 3–5 days; swelling settles in 1–2 weeks · Reviewed 4 July 2026 · Version 1.0

When to get help — your traffic light guide

RED

Call 999 or go to A&E now if you have:

These can be life-threatening. Do not wait to call the hospital first.

- Bleeding that will not stop
- High temperature (over 38°C) with confusion or unusual drowsiness

AMBER

Contact us now — do not wait — if you have:

- Increasing pain, redness, swelling or discharge around the incision (possible infection)
- Fever

Office hours (Mon–Fri 9am–5pm): 0131 376 3785

Evenings and weekends during your early recovery: Out-of-Hours Nurse Advice Line 07405322689 — our nurse can advise you, contact your surgeon, or direct you to NHS services.

After your early recovery period: call the hospital in office hours, or NHS 24 on 111.

Had your surgery at Spire Shawfair Park (overnight stay)? Contact Spire directly using the number on your discharge paperwork — not the Waterfront advice line.

GREEN

Tell us at your next appointment:

- Delayed wound healing

Anything else that is niggling or worrying you — no concern is too small. Mention it at your next appointment, or call us during office hours.

Related Information Leaflets

Separate leaflets about the procedure itself — not the aftercare instructions above. Tap a title to download, or find them all on your procedure page in the portal.

- [Direct Lateral Brow Lift — FAQs](https://waterfront-patient-portal.netlify.app/waterfrontaftercare/direct-brow-lift-faqs.pdf) (https://waterfront-patient-portal.netlify.app/waterfrontaftercare/direct-brow-lift-faqs.pdf)

How to Use This Information

The advice below is based on Waterfront Private Hospital's direct lateral brow lift information. It is general guidance and may be adapted by your consultant for your individual circumstances.

Always follow the specific instructions given to you on the day of surgery. If there is ever a difference, follow your consultant's written or verbal instructions and contact us for clarification.

Post-Operative Checklist

- Pain relief collected
- Follow-up appointment for suture removal (5–7 days) arranged
- Transport home arranged (same-day discharge)
- Emergency numbers saved to phone

Wound Care

- The incision is placed along the hairline for discretion
- Keep the incision clean and dry as advised by your surgical team
- You can shower from the day after surgery — keep the incision itself dry until your team confirms it can be wetted; hair washing is usually fine once they do (often after suture removal)
- Sutures are typically removed at 5–7 days
- Makeup can be worn over the healed incision once the sutures are out and the wound has sealed
- Protect the scar from the sun with SPF 30+ for the first year — a forehead scar is very sun-exposed, and UV can darken immature scars
- Scar support and recovery advice are provided by our team; a fine scar softens and fades over time

Pain Management

- Discomfort is usually mild and managed with simple pain relief
- Bruising is usually minimal after a direct lateral brow lift, though some patients notice bruising spreading towards the eyelid for a few days; some swelling is normal

Activity Restrictions

- You are usually discharged the same day from our day surgery suite
- Many patients find it comfortable to sleep slightly propped up for the first few days — it helps swelling settle
- Most patients resume light activity within 3–5 days
- Avoid strenuous activity until advised by your surgical team

Before You Go Home

Before you leave, the nurse looking after you will make sure you have everything you need, including:

- Your painkillers — the nurse looking after you will go through them with you
- Suture-removal appointment (5–7 days) arranged
- Transport home arranged
- Emergency numbers saved to phone

Your Recovery, Stage by Stage

Days 1–5 — Immediate Recovery

Same-day discharge; light activity returns within a few days

WHAT'S NORMAL

- Some swelling around the brow
- Mild discomfort
- Bruising is usually minimal, though it can spread towards the eyelid for a few days

CARE ROUTINE

- Keep the incision clean and dry

- Rest and resume light activity as you feel able (most within 3–5 days)

COMFORT

- Simple pain relief is usually sufficient

Weeks 1–2 — Early Healing

Sutures removed and swelling settles

WHAT'S NORMAL

- Swelling and any bruising subside within 1–2 weeks

CARE ROUTINE

- Attend suture removal (5–7 days)
- Begin scar support as advised
- Avoid strenuous activity until cleared

COMFORT

- Minimal or no pain relief needed

Follow-Up Appointments

Week 1 — nurse appointment — Wound check, dressing care and any suture removal; a chance to ask questions about your recovery.

Further nurse reviews — as needed — Some patients need further nurse reviews. If so, the nurses will arrange these with you and will discharge you from nurse-led care once they are happy your wounds have healed.

Around 6 months — surgeon review (final follow-up) — Your surgeon will usually see you at around 6 months to assess your final result. Your surgeon is always available to review you sooner if required, and in some circumstances may wish to see you before your final follow-up.

Your appointment schedule may vary. Always follow the specific dates and times given in your appointment card. Contact us if you need to reschedule.

Frequently Asked Questions

What can I expect after surgery?

You are discharged the same day. Most patients have minimal downtime and resume light activity within 3–5 days. Sutures are typically removed at 5–7 days, and swelling and bruising subside within 1–2 weeks. Our team provides full aftercare, including scar support and recovery advice.

Will I have a visible scar?

A fine scar is unavoidable, but it is placed in a natural crease or at the hairline. Over time the scar softens and fades, and scar refinement treatments are available if needed.

Can this procedure be combined with others?

Yes. Many patients combine a brow lift with upper eyelid surgery (blepharoplasty), non-surgical rejuvenation such as Botox or fillers, or skin treatments for overall facial harmony.

How long do the results last?

Most patients enjoy long-lasting results — often 5 to 10 years or more. While ageing continues, the brow generally maintains a more open, lifted contour following the procedure.