



PATIENT RECOVERY GUIDE

Brow Lift

Aftercare Instructions

Your personalised recovery guide following an endoscopic brow lift with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Brow Lift		DD / MM / YYYY	DD / MM / YYYY

Your recovery after a brow lift is usually quick and easy. Discomfort is minimal, your stitches are hidden and dissolvable, and the small incision sits concealed within your hair. Keep your head elevated, let the bruising around the eyes settle over the first week, and your refreshed, naturally lifted brow will emerge as the swelling fades.

1 The First 48 Hours

- Head elevated. Rest and sleep with your head raised on pillows to reduce swelling and bruising around the eyes.
- Medication. Take prescribed pain relief and any antibiotics exactly as directed.
- Cool the eyes gently. Apply a cool compress around the eyes (not on the incision) to ease early swelling.
- Expect a little numbness. Temporary numbness near the incision is normal and settles over 1–2 months.
- Care for the incision. Keep the incision in your hairline clean and dry; you may shower at 2 days.
- No stitches to remove. The sutures are hidden and absorbable — there is nothing to take out.

2 Recovery Timeline

- DAYS 1 – 2
Early healing. Home the same day. Minimal discomfort. Swelling and bruising around the eyes begin. Shower at 2 days.
- WEEK 1
Bruising fades. Swelling and bruising settle on their own within about a week. Most people return to routine quickly.
- WEEKS 1 – 2
Back to normal. Ease back into exercise as you feel ready. Any numbness near the incision continues to improve.
- WEEKS 3 – 6
Final result. As the last swelling settles, the refreshed, naturally lifted brow emerges; the result is durable long-term.

“I lifted your brow with restraint, so you look rested — not surprised — and hid the incision in your hair. Keep your head up, let the bruising clear, and your own refreshed expression will come through.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Keep your head elevated, day and night, at first.
- ◇ Use a cool compress around the eyes as needed.
- ◇ Walk gently from the first day.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Strenuous activity or bending head-down early.
- ◇ Strenuous exercise until you feel ready.
- ◇ Smoking, which delays wound healing.
- ◇ Rubbing or scratching the healing incision.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or spreading swelling.
- Discharge, bleeding, or opening of the incision.
- Severe or increasing pain not eased by medication.
- A marked or worsening asymmetry between the brows.
- Numbness that worsens rather than improving over time.

5 Discharge Checklist

- ☐ Cool compress and extra pillows ready at home.
- ☐ Pain relief and any antibiotics collected.
- ☐ Incision-care and showering instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS