



PATIENT RECOVERY GUIDE

Forehead Lift

Aftercare Instructions

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

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

Your recovery after a forehead lift is usually quick and easy. You are up and moving within hours, the small incisions sit hidden beyond your hairline, and the stitches are dissolvable. Expect a normal feeling of tension across the forehead, keep your head elevated, and ice around the eyes on the first day — the swelling and bruising settle within about a week and your refreshed upper face emerges.

1 The First 48 Hours

- ◆ **Head elevated.** Rest and sleep with your head raised on pillows to reduce forehead and eye swelling.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Ice the eyes (day one).** Apply ice around the eyes through the first day, until you settle to sleep, to limit swelling and bruising.
- ◆ **Care for the incisions.** Keep the small incisions beyond your hairline clean and dry as instructed.
- ◆ **Expect forehead tension.** A feeling of tightness across the forehead is normal and eases as you adjust.
- ◆ **Keep moving.** Gentle movement from the first day speeds recovery — you will not be confined to bed.

2 Recovery Timeline

- DAY 1
Up and about. Anaesthesia clears within hours and you are moving and usually home the same day. Ice the eyes; expect forehead tension.
- DAYS 4 – 5
Back to work (if ready). Many return to the office after 4–5 days, a little swelling and all. Air travel is possible.
- DAY 7
Bruising fades. Swelling and bruising generally settle within about a week; most take around 7 days of rest.
- WEEKS 2 – 6
Final result. As the last swelling settles, the lifted brow and smoother forehead emerge; the result is durable long-term.

“I lifted your brow and forehead through small hidden incisions and softened the muscles that crease the skin — no long scar, no overdone look. Keep your head up, ice the first day, 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.
- ◇ Ice around the eyes on the first day.
- ◇ Move gently from the first day — it speeds recovery.
- ◇ 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 incisions.

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 an 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

- ☐ Ice packs 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