

PATIENT INFORMATION SHEET: TEMPORAL BROW LIFT

A subtle, lateral brow-lifting procedure under local anaesthetic

WHAT IS A TEMPORAL BROW LIFT?

A temporal brow lift, also known as a lateral brow lift, is a minimally invasive surgical procedure that elevates the outer third of the eyebrow to create a more open, lifted, and youthful appearance around the upper face and eyes.

This procedure is often chosen to correct lateral brow ptosis – the outer brow drooping that causes heaviness at the sides of the eyes – and is typically performed under local anaesthetic as a day case.

HOW IS IT PERFORMED?

- A small incision is made just behind the hairline in the temple area
- The underlying soft tissues are lifted and anchored to the deeper structures to elevate the outer brow
- The incision is closed with fine sutures and is hidden within the hairline
- The procedure takes approximately 45-60 minutes per side

BENEFITS OF A TEMPORAL BROW LIFT

- Lifts the outer third of the brow, creating a refreshed and more alert look
- Reduces lateral upper eyelid heaviness or hooding
- Improves brow symmetry in patients with uneven positioning
- Can enhance and complement upper blepharoplasty results
- Hidden scar within the hairline
- Performed under local anaesthetic with minimal downtime

LIMITATIONS

- Does not lift the central or inner brow (if this is a concern, other procedures may be recommended)
- Will not address deep forehead lines or glabellar frown lines
- Results are subtle and tailored to your facial proportions – dramatic changes are not the aim
- Longevity varies depending on facial movement, age, and skin quality
- Asymmetry may persist, especially if pre-existing

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WHAT TO EXPECT AFTER SURGERY

- Mild to moderate swelling and bruising in the temples, upper eyelids, or forehead
- Temporary tightness, numbness, or pressure in the temple area
- Sutures are typically removed at 7 days, unless dissolvable
- Most patients return to light activities within 5-7 days

AFTERCARE INSTRUCTIONS

- Apply cold compresses for the first 48 hours (10 minutes on, 10 minutes off)
- Sleep on your back with your head elevated for 5-7 days
- Avoid:
 - Direct pressure or friction near the temples
 - Makeup or hair treatments for at least 7-10 days
 - Exercise or strenuous activity for 3-4 weeks
 - Keep the incision area clean and dry, and follow all wound care instructions
 - Use SPF 50 on the hairline once healed to prevent pigmentation

RISKS AND POSSIBLE COMPLICATIONS

All surgeries carry risks. For temporal brow lift, these include:

- Bruising and swelling
- Mild discomfort or pressure
- Temporary numbness at the incision site or scalp
- Infection or wound breakdown
- Scarring (usually well hidden in the hairline)
- Asymmetry or undercorrection
- Rare: nerve irritation or prolonged tightness



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WHEN TO CONTACT US

Please call the clinic if you notice:

- Increasing pain, redness, or heat at the incision
- Swelling that worsens after 48 hours
- Discharge or foul odour from the wound
- Sudden changes in sensation
- Fever or feeling generally unwell

CLINIC CONTACT INFORMATION

Phone: 0151 203 0020

Clinic: Cosmetic Surgery of the Royal Liver Building, Liverpool