

PURITY BRIDGE CLINIC
CHECKLIST for Endoscopic Brow Lift/Lateral Temporal Lift Pre-operative

Recommendations around the time of surgery

- Clothing to wear to hospital – we recommend you wear a button or zip top for ease and comfort (such as a tracksuit top). This will mean you do not have to worry about pulling clothes over your head
- Hair colouring – have your hair coloured the week prior to surgery, as you will not be able to colour your hair again for 6-weeks after surgery
- Keeping your hair clean – use tea tree shampoo for daily gentle hair washing and dry your hair with a hair dryer on a cool setting
- Sleeping – we suggest sleeping with extra pillows (or alternatively a wedge triangular pillow). This will help reduce the post-operative swelling
- Do not bend forwards for the first couple of weeks to minimise problems with swelling – if you need to pick something up from the floor, please keep your head elevated and squat down. Similarly, when putting on shoes, please sit down and bring your feet up, rather than bending down
- You will have a check-up with the nurse one week after surgery; however the clips or stitches in the hairline are not removed until two weeks after surgery.
- Take things easy & slowly after surgery. Gentle pottering about, no heavy lifting or jumping up and down for first 2-3 weeks
- After 6 weeks you can get back to normal exercise
- Driving – you should be able to drive 1-2 weeks after surgery
- Arnica – some people find using arnica cream or tablets very helpful for their bruising and swelling – if used, tablets are normally started 8 days prior to surgery.

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Any form of surgery carries a degree of risk. An individual’s choice to undergo a surgical procedure is based on the perception and balance of risk and benefit. Although the majority of patients do not experience complications, it is important to consider them carefully in relation to how they might affect you if you were in the position to experience one (or more). If you have any questions or doubts you must discuss these with your plastic surgeon and postpone surgery until you are happy.

WHAT YOU NEED TO KNOW ABOUT THE POSSIBLE EFFECTS OF SURGERY AND POTENTIAL COMPLICATIONS

Swelling

This is normal following any form of brow lift and reaches a maximum about 3-days following surgery before starting to settle down. Sometimes it may last up to 3-weeks and very occasionally up to 6 or 8-weeks in some patients. Commonly, the swelling subsides at different rates on each side, which is quite normal, and nothing to worry about. Swelling can drift down to below the levels of the eyes temporarily.

Patient initials

Alteration in skin pigmentation (discolouration and bruising)

Bruising usually comes to the surface within a few days and then gradually resolves over 2-3 weeks. Very occasionally extensive bruising can take many weeks to totally resolve. These problems are more often seen in patients with thin, hypo-pigmented and transparent skin. Patients with darker complexions should be aware of the possibility of residual brown pigment being left behind if the bruising takes a long time to settle. Make-up can be used to cover up the signs of bruising while it resolves.

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Loss of or increased sensation

It is usual to have a reduction in skin sensation after a brow lift. This can include the skin over the scalp and around the forehead. Feeling will usually return over a period of 8-12 weeks but in some patients, this does take a little longer. A feeling of “ants crawling under the skin” (known as formication) can be experienced while the sensation is returning and although a strange sensation, this should be considered normal. On uncommon occasions sensation can be increased and this will slowly return to normal over a period of weeks to months. As discussed above, the sensation first returns to the cheeks below the eyes, and gradually spreads towards the ears. Therefore, the last area to regain sensation is the area near the scars just in front of the ears.

Patient initials

Feelings of tightness and headaches

When the brow (even the lateral brow alone) is lifted, a feeling of tightness can be experienced. This is temporary, but during the week or weeks that this is present, it can be disconcerting. Occasionally headaches or evening vice-like feelings can be experienced. Again, these settle as the swelling reduces and the tissues soften and relax. Significant pain is not common in brow lifting surgery and if it is experienced, it is usually only temporary.

Patient initials

POSSIBLE COMPLICATIONS AFTER A BROW LIFT (OR LATERAL TEMPORAL LIFT)

Early complications (within the first week of surgery)

Bleeding (haematoma)

Although extreme care is taken to minimise bleeding, occasionally a blood vessel will start to bleed after the operation producing a swelling or mass of blood (called a haematoma). The haematoma is usually noted within the first 24-48 hours after surgery and usually requires further surgical exploration to drain the collection of blood and stop the bleeding

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Infection

Rates of infection in brow lift surgery are low, despite the proximity of the hair to the wound. This is because the face has an excellent blood supply. Antibiotics are administered whilst you are asleep to further minimise the chances of an infection developing. If an infection does occur, further antibiotics will be prescribed. If minor wound infections occur, they can be dealt with using special dressings and antibiotics where appropriate. Very uncommonly, it may be necessary to go back to the operating theatre to clean out an infected area.

Patient initials

Blood clots

Blood clots in the veins of the legs (DVT - deep venous thrombosis) may occur after a brow lift, which is why important preventative measures are taken (calf compression stockings, pneumatic calf pumps and blood thinning injections whilst in hospital). You should continue to wear the calf compression stockings for 2-weeks after discharge from hospital. If a DVT does develop, you will need various investigations and treatment as appropriate. A pulmonary embolus (PE) describes a blood clot that has broken off from the DVT and lodged in the blood vessels in the lungs. This can be serious, and again, appropriate investigations and treatment is instigated should this be suspected after your operation.

Patient initials

Nerve damage

Possible nerve damage involving sensory nerves to forehead and brow has been covered above. However, damage to the nerves which supply the forehead muscles can also occur infrequently (less than 0.5% of brow lifts). This may cause facial distortion with weakness of the brow on the affected side. This is usually transient and returns to normal over 6-weeks to 6-months. However, occasionally it can persist as a permanent complication

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Intermediate complications (within 6-weeks of surgery)

Delayed wound healing

In some people the wounds take longer to heal than in others: this may be due to having had a mild infection of the wound, due to a reaction with the stitches or from “overdoing it” straight after surgery. Normally this is a minor inconvenience, which can be managed with special dressings as an outpatient. Occasionally it can lead to a more severe infection developing as described above.

Patient initials

Suture spitting

Stitches (sutures) that are designed to dissolve sometimes do not dissolve as quickly as they are meant to. On these occasions, there is a chance that they can work their way out of the wound and appear as sharp prickly filaments, occasionally with a surrounding area of redness on the skin. Should this occur, it is nothing to worry about, and can be dealt with simply in the outpatient clinic. Any sutures that are spitting out of the wound can be removed in the clinic, and the wounds should then heal over these areas uneventfully.

Patient initials

Hair loss

Depending on the method of fixing the brow (e.g. using a screw on an Endotine™ device) it is possible to experience some hair loss around this area. Hair loss may also be experienced in the temples, where the lateral temporal lift is performed, or the lateral part of the brow lit. Normally hair loss is usually temporary with normal regrowth within several months.

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Seroma

Normally the fluid that comes out into the drain bottles stops being produced by the body shortly after surgery. Unusually in some people this fluid can build up again, accumulating in the wound. This is known as a seroma. If this occurs, you may experience discomfort and there is a chance that the fluid can become infected. Therefore, should you develop a seroma, it may be necessary for it to be drained. This involves a fine needle being passed into the wound and the fluid sucked out.

Patient initials

Asymmetry

No-one has absolute facial symmetry – there are always differences between right and left halves of our faces, particularly with respect to brow position. This is predominantly due to differences in the bone structure but also contributed to by the overlying soft tissues. Following a brow lift, sometimes these differences become slightly more noticeable as the soft tissues are lifted over the facial skeleton. It is important to be aware of this possibility prior to undergoing surgery.

Patient initials

Late complications (after 6-weeks from surgery)

Scarring

Scarring will occur whenever the skin is cut and of course, every effort is made to place scar lines where they will not be detected by the unknowing observer. Although scarring on average is minimal, scar maturation varies from person to person and occurs over 6-12 months, with scars passing through a red, itchy and lumpy phase, prior to settling down to thinner, softer less distinct lines. In some cases, minor surgical scar revision surgery may be needed. Hypertrophic or keloid scars can occasionally occur – these are thickened and lumpy scars that are more common in people of Asian or Afro-Caribbean descent. Should these occur, the best ways of treating them will be discussed with you

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Coronavirus and COVID-19

The Coronavirus Disease (COVID-19) global pandemic has had an impact on all of our lives. Despite the anticipated “worst” of the disease and the consequences being allegedly over, the disease still exists and can have an impact on surgical and non-surgical procedures. The disease can be acquired in the community and in healthcare settings, and it is impossible to determine accurately how someone might have caught the disease. It is therefore important that you appreciate that if you develop COVID-19 following your procedure, it is not possible to determine whether you caught it during your treatment (e.g. from medical staff or the clinical setting) or whether it was acquired elsewhere.

Furthermore, if you are an asymptomatic carrier of Coronavirus (even if a recent test for Coronavirus has been negative), there is evidence that symptoms can develop after a surgical procedure, particularly with a general anaesthetic. This risk must be acknowledged and accepted if you are to proceed with treatment. Should symptoms develop they could impact on your post-surgical recovery, and even require transfer or admission to an NHS hospital.

Patient initials.....

I acknowledge that I have read and understood the nature of a brow lift operation. I have read the information provided to me and I understand the potential risks and complications associated with this procedure. I agree to follow the postoperative care instructions given to me, including attendance at the postoperative follow up appointments, compliance with instructions to stop smoking/nicotine products (when relevant) and cessation of exercise and heavy lifting during the recovery after surgery. I agree to communicate any concerns I may have in a timely manner and to inform my surgeon of any changes in my health or circumstances that may affect my suitability for, or recovery from brow lift surgery.

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- **I, the undersigned, acknowledge that I have read and understood the nature of a breast augmentation operation. I have read the information booklet provided to me and I understand the potential risks and complications associated with this procedure.**
- **I further recognise that during the course of an operation, medical treatment or anaesthesia, unforeseen conditions may necessitate different or additional procedures. I therefore authorise my surgeon and attendant medical staff to perform such procedures as deemed necessary by their professional judgement that are in my best interest.**
- **I consent to the administration of such anaesthetics considered necessary and advisable. I understand that all forms of anaesthesia involve risk and the possibility of complications.**

- **I acknowledge that no guarantee has been given by anyone as to the results that may be obtained.**
- **I agree that all has been explained to me in a way I understand regarding the procedure(s), risks, potential benefits and possible alternative treatments.**

Patient signature

Patient name.....

Date.....

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