

GBA London



Parent Information Pack

Helping your daughter take this step - safely, confidently, together.

Providing peace of mind that your child is in the best hands.

Welcome

Most parents tell us the same thing: 'I just want my daughter to be happy.' As a parent myself, I understand that feeling. That's why I take time to speak to both parent and daughter in every consultation, answer your questions honestly, and ensure you feel safe, informed, and included.

By guiding you through each stage, we hope to reassure you that this is the right decision for your child. This life-changing procedure can permanently enhance your child's appearance and restore their confidence.

GREG BRAN, MD PHD





TIMELINE

We're here to help every step of the way

At every stage, we'll explain what's happening so you and your daughter feel reassured. Parents are always welcome at consultations and follow-ups, your presence makes a difference.



STEP 1

Initial Consultation

Address any burning questions.



STEP 2

Surgery Day

The day of the hairline lowering surgery.



STEP 3

Immediately After Surgery

Providing you with all our aftercare tips.



STEP 4

24 Hours Later

In person follow-up session



STEP 5

One Week Later

Removal of your hairline sutures



STEP 6 / 7

Six Weeks & Three Months Later

Optional follow-ups via Zoom or in person.

Initial Consultation

Your child's initial consultation is one of the most important steps in the whole process. It's the time to meet with Dr. Greg Bran, who will carefully assess the best way to approach surgery, explain each stage, and talk openly with both you and your daughter about what to expect.

For many parents, this is also the chance to ask your own questions and feel confident that your child is in safe hands.

Greg takes time to speak to parents directly, not just to patients - making sure you feel included and reassured in the decision.

During the consultation, you'll see before-and-after photographs of real patients, which help both you and your daughter visualise results immediately after surgery and throughout recovery. Greg will also discuss realistic outcomes, recovery times, and any concerns you may have about scarring or safety.



Pricing Options

PAYMENT PLAN

From £713 per month

We offer a 12 month payment plan (£2100 deposit required) for those that want to spread out the cost of the procedure.

- ✓ Harley Street care
- ✓ Comprehensive aftercare included
- ✓ Personal Concierge included

ONE-OFF PAYMENT

£10,650

If you're able, you can pay for your Hairline Lowering procedure in a single payment, rather than across a monthly payment plan.

- ✓ Harley Street care
- ✓ Comprehensive aftercare included
- ✓ Personal Concierge included

Surgery Day

On the day of surgery, your daughter should:

- Shower and wash her hair with the hibiscrub provided.
- Avoid makeup, hair products, jewellery, or contact lenses.
- Wear comfortable, loose-fitting clothing (e.g. soft trousers, trainers).
- Bring her phone and charger, plus a photo ID.
- Avoid food or caffeine unless surgery is scheduled in the late afternoon - in which case a light breakfast is acceptable.

Most surgeries take place early in the morning, though occasionally later in the day.

As a parent, your role is vital too. We ask that someone you trust accompanies her home and stays with her for the first 24 hours afterwards. Many parents find that being there on surgery day - whether waiting nearby or simply helping her home - provides reassurance for both themselves and their daughter.



Surgery Day Checklist

- ☐ Photo ID
- ☐ No makeup, hair products, jewelry, or watch
- ☐ Comfortable clothing (e.g. loose-fitting pants, trainers)
- ☐ Phone + charger
- ☐ No cigarettes/nicotine/vaping and minimum 6 weeks before surgery
- ☐ No breakfast, coffee, tea (light breakfast if surgery is in the late afternoon, 6-hour gap required)
- ☐ Ensure someone will pick you up and stay with you for 24 hours post-surgery

The Procedure

During hairline lowering surgery, a fine incision is made carefully along the natural hairline. The scalp is then gently advanced to achieve the desired lowering while keeping balance and harmony with your daughter's overall facial features.

The incision typically runs from one side of the hairline to the other. Once the position is set, the area is sutured with precision and a protective surgical dressing is applied.

Greg's PhD-level expertise in scarring means every step is taken to ensure the incision heals as discreetly as possible. The aim of the procedure is not just to lower the hairline - but to restore facial balance while maintaining a natural contour that feels right for your daughter.

Initial Aftercare

In the first days after surgery, it's important to keep a close eye on healing. Parents often play a key role here, offering reassurance and practical support while their daughter rests.

You'll need to:

- Monitor the incision site for any unusual changes in colour (such as pale or blue tones) and contact us straight away if you're concerned.
- Make sure all prescribed medications are taken as directed - this not only helps with comfort but also speeds up recovery.
- Avoid alcohol and nicotine, as they can interfere with the healing process.

Our team is always available for advice, so you never have to second-guess what you're seeing. Many parents tell us that simply knowing they can reach out for guidance at any time gave them real peace of mind in those early days.

PROVIDED AFTERCARE PRODUCTS

LOUIS WIDMER Eye Cream - Excellent scar ointment

RECOMMENDED AFTERCARE PRODUCTS

STRATADERM GEL - Protects the scar from makeup and helps healing.



A Week Past Surgery

Around one week after surgery, your daughter will return for her first follow-up appointment. At this stage, the sutures along the hairline are carefully removed, and she'll receive additional aftercare products to support smooth healing.

It's important to avoid any unnecessary tension on the forehead during this time. We also recommend brushing the hair gently forward to minimise strain on the healing scalp.

Six Weeks Onwards

By this stage, most of the swelling and bruising will have settled, and your daughter will start to feel more like herself again. Light exercise can usually begin after three weeks, but it's important to avoid strenuous activity - such as weightlifting or contact sports - until at least six weeks have passed.

Protecting the forehead is especially important during this stage. We recommend avoiding direct sunlight on the incision area for at least three months to support the best long-term healing and scar minimisation.

Parents often tell us this is when they really notice their daughter's confidence returning - as she heals, the results become more visible, and the focus shifts from recovery to enjoying the change together.

PAIN RELIEF DURING RECOVERY

Make sure to take all medication prescribed. This will not only help avoid any pain - it will also accelerate the healing process. If the medication is not sufficient, make sure to give us a call on 020 3371 1446.



Frequently Asked Questions

Will the swelling go down?

It is very common to experience some degree of swelling after surgery. The swelling will take 1-2 weeks to settle. Most of the swelling will be gone after the first week. Two light 30 minutes walks every day will accelerate the healing by reducing the post-operative swelling.

Will there be bruising after surgery?

Bruising after aesthetic Hairline Surgery is not uncommon. Bruises may be covered with make-up. Usually all bruising resolves within the first 7-10 days.

When is showering or bathing possible?

Showering should be avoided until at least a day after surgery, avoid very hot water to avoid increased blood pressure. Try to avoid getting the incision site wet unless gently cleaning, no water pressure until your sutures have been removed.

How long should medication be taken?

Take all post-operative medication as recommended. Apply the Louis Widmer eye cream for 8 weeks on the scar.

What position is best for sleeping post-surgery?

Make sure to rest with your head elevated during the first week. If it's more comfortable to rest on one side, feel free to do so. It will not affect the final result of your aesthetic surgery.

What if I'm having difficulties sleeping?

Make sure that pain is well controlled throughout the entire recovery period. During the day, be careful about taking naps, as this might cause difficulties sleeping at night. If sleeping is difficult due to discomfort or pain, please medicate appropriately. If the issue persists for more than two nights, please do not hesitate to contact us.

Is it normal to feel forehead pressure?

It is not unusual to feel pressure or tightness. This is caused by the tissue healing, and will resolve after several weeks. In order to alleviate any sensations of pressure, make sure to take antibiotics and pain medication, sleep in an elevated position and avoid strenuous exercise.

How to identify if the scar is infected?

Experiencing some bruising and swelling after surgery is common. You should contact the office if the scar begins to ooze yellowish or cloudy fluid, or if they experience a new onset of pain that is not controlled by your pain medication, feeling consistently cold, have shivers or have a constantly elevated body temperature of above 37.5°C.

How can you identify skin necrosis?

In the unlikely event of necrosis, you will see a discolouration of the skin. First it will appear pale and then a bluish hue might appear. Whenever you believe you see any signs of discoloration of skin adjacent to the scar, do not hesitate to contact us, and we will examine the skin as soon as possible.

How soon can you eat after surgery?

Immediately after Hairline Lowering surgery, you will be provided a sandwich and juice of your choice, and can return to a regular diet as soon as you feel.

Contact us

We're here to support both you and your child throughout the whole process, feel free to contact us with any questions or concerns that either of you have may have. Let us put your mind at ease.



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