

Brow Lift



AMERICAN SOCIETY OF
PLASTIC SURGEONS®

What is a Brow Lift?

As we age, unsightly wrinkle lines may appear on the forehead. Frown lines between the brows can make us look angry or “too serious.” Skin relaxation may cause the eyebrows to drop, hooding our upper eyelids and making us look tired. If you are bothered by these signs of aging in the brow region, a brow lift may be right for you.

A Brow Lift:

- Softens the wrinkle lines that develop horizontally across the forehead, as well as those that occur on the bridge of the nose between the eyes
- Improves frown lines, which are the vertical creases that develop between the eyebrows
- Raises sagging brows that are hooding the upper eyelids
- Places the eyebrows in an alert and youthful position

What it won't do: A brow lift does not change your fundamental appearance. While a brow lift can make you look younger, it will not stop the aging process.

Other cosmetic procedures that may be performed with a brow lift include:

- Upper and or lower eyelid surgery
- Facelifting
- Skin resurfacing techniques

Is it right for me?

A brow lift is a very personal procedure, and you should do it for yourself, not for someone else. It is a good option if:

- You are physically healthy
- You don't smoke or vape
- You have a positive outlook and realistic goals



Consultation & Preparing for Surgery

During your consultation be prepared to discuss:

- Your surgical goals
- Medical conditions, drug allergies, and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco, and drug use
- Previous surgeries

Your surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Discuss your options and recommend a course of treatment
- Examine and measure different parts of your face
- Take photographs
- Discuss likely outcomes of brow lift surgery and any potential complications

Prior to surgery, you may be asked to:

- Get lab testing or other medical assessments
- Take certain medications or adjust your current medications
- Stop smoking
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding



Brow lift surgery may be performed in an accredited office-based surgical facility, licensed ambulatory surgical center, or a hospital.

You will need to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

Be sure to ask your plastic surgeon questions. It's very important to understand all aspects of your brow lift. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

The Procedure

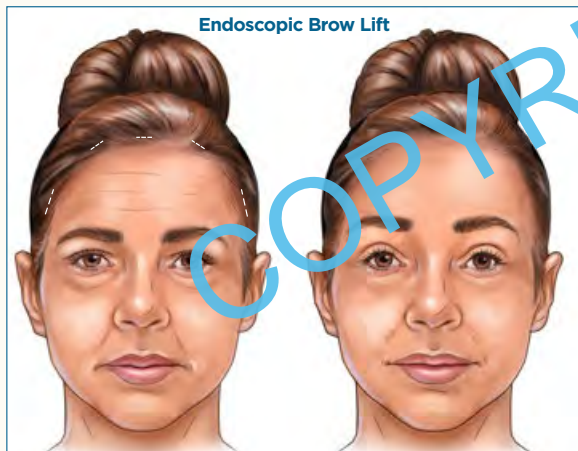
Brow lift surgery can be performed using different techniques including endoscopic, coronal, and limited temple lift and can be performed under either general anesthesia or local anesthesia with sedation.

The type of anesthesia used will depend on the individual patient's needs and the specifics of the procedure. The decision about the type of anesthesia used will be made between the patient and the plastic surgeon during the preoperative consultation.

There are a variety of techniques for this procedure:

Endoscopic Brow Lift

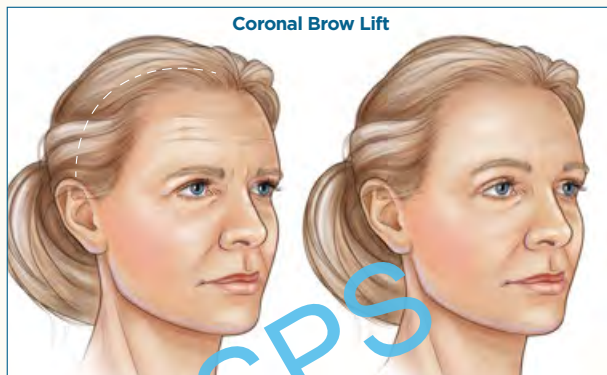
An **endoscopic brow lift** is a type of brow lift surgery that uses an endoscope, a small camera attached to a thin tube, to guide the procedure. This method involves making small incisions in the scalp, through which the endoscope and surgical instruments are inserted. The endoscope allows the surgeon to view the underlying structures of the forehead and brow and make precise adjustments to lift the eyebrows and smooth out wrinkles.



Coronal Brow Lift

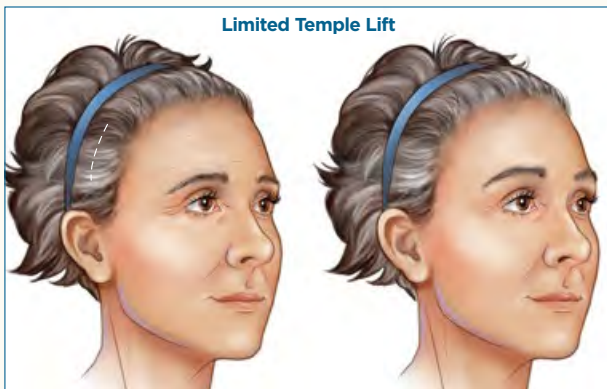
A **coronal brow lift**, also known as a "coronal forehead lift" or "open brow lift," is a surgical procedure that improves the appearance of the forehead and the area above the eyes. It is a traditional open technique where a long incision is made across the top of the head, just behind the hairline. The incision can extend from ear to ear or can be limited to the mid-forehead area. The incision can also be made at the hairline, instead of

behind it. The forehead skin is then lifted and any muscle adjustment can be made under direct visualization. The resulting scar from a coronal brow lift is well concealed within the hair.



Limited Temple Lift

A **limited temple lift**, also known as a temporal lift or a temporal brow lift, is a surgical procedure that is used to lift and reposition the skin and soft tissue of the temples. The incisions are usually made within the hairline or behind the ears, and the surgeon will lift and reposition the underlying muscles and tissues of the temples to improve the contours of the face. It is typically less invasive than other types of brow lifts, and is usually performed using a local anesthetic and sedation or general anesthesia.



In some cases, a short incision is made directly above the brow on each side and skin is removed. The scar is hidden by the brow hairs and natural creases of the forehead. This procedure is very useful in men with heavy brows and deep forehead lines.

Risks & Safety

The decision to have brow lift surgery is extremely personal. You will have to decide if the procedure will achieve your goals and if the risks and potential complications are acceptable. You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks and potential complications. You should feel free to ask any questions to help you understand risks.



Risks can include:

- Anesthesia risks
- Bleeding
- Loss of hair around the incisions
- Elevated hairline
- Eye irritation or dryness
- Brow asymmetry
- Facial nerve injury with weakness or paralysis
- Fluid accumulation
- Infection
- Numbness or other changes in skin sensation or intense itching
- Pain, which may persist
- Poor wound healing
- Possibility of revision surgery
- Skin discoloration and swelling
- Skin loss
- Unfavorable scarring
- Rare risk of blood clots

All risks will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.

Recovery & Results

When your procedure is completed, your forehead may be taped and your head may be loosely wrapped to minimize swelling and bruising. A thin tube may be present to drain any excess blood or fluid that may collect under the skin.

You will be given specific instructions that may include how to care for the surgical site and drains, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health, and when to follow up with your plastic surgeon. You should keep your head elevated and perform no vigorous physical activity for as long as your surgeon recommends. Do not use ice or heat on the operated area.

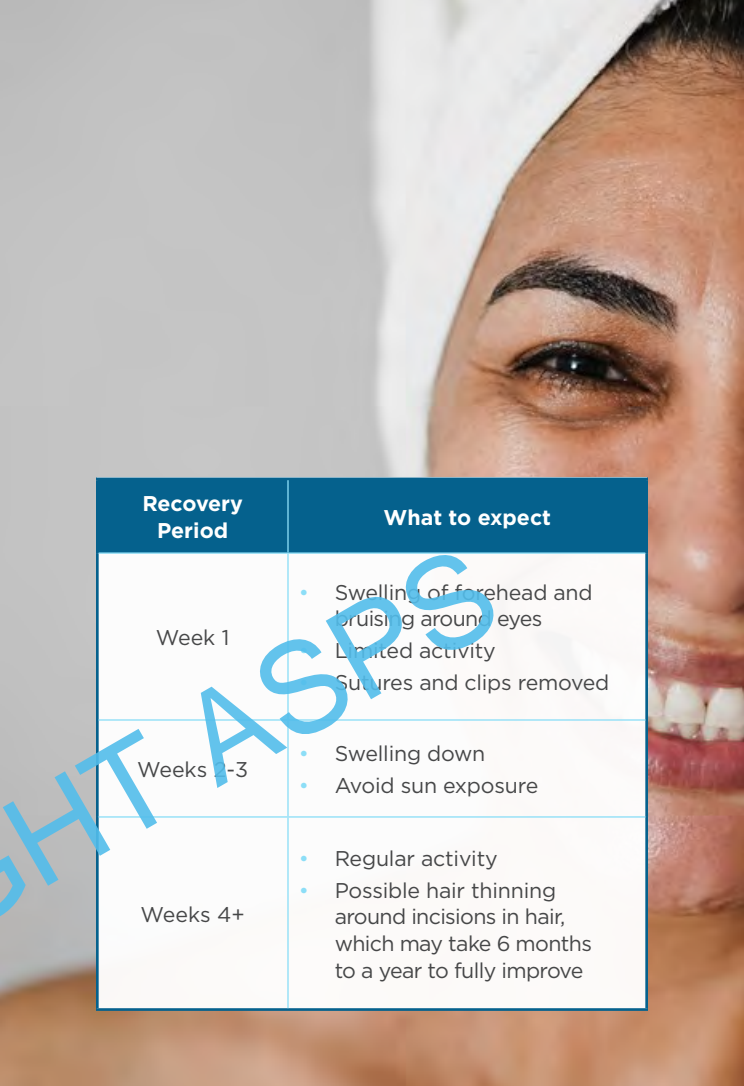
Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- Are stitches removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

Initial wound healing may take 10 to 14 days.
Sutures or clips will be removed when it is appropriate. You should be ready to return to work and normal activity after two weeks.

Cosmetics can help camouflage any bruising. Even though you will look presentable to the public, you will find that the healing will continue for several weeks, as the swelling dissipates and incision lines refine and fade. It may take several months for your complete recovery.

Following your physician's instructions is essential to the success of your surgery. It's important that the surgical incisions are not subjected to excessive force, swelling, abrasion or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself.



Recovery Period	What to expect
Week 1	<ul style="list-style-type: none">• Swelling of forehead and bruising around eyes• Limited activity• Sutures and clips removed
Weeks 1-3	<ul style="list-style-type: none">• Swelling down• Avoid sun exposure
Weeks 4+	<ul style="list-style-type: none">• Regular activity• Possible hair thinning around incisions in hair, which may take 6 months to a year to fully improve

A brow lift can give your face a more youthful appearance and results will likely improve over time. Post-surgical swelling will resolve in time, and incision lines will fade. Satisfaction with your new image should continue to grow as you recover from surgery. The final results of your surgery will appear over the next few months.

Although good results are expected from your procedure, there is no guarantee.

Life-long sun protection will help to maintain your rejuvenated appearance by minimizing sun damage. A healthy lifestyle will also help extend the results of your rejuvenated, more youthful appearance.

Cost

Prices for brow lift procedures can vary. A surgeon's cost may be based on his or her experience, the type of procedure used, and geographic office location.

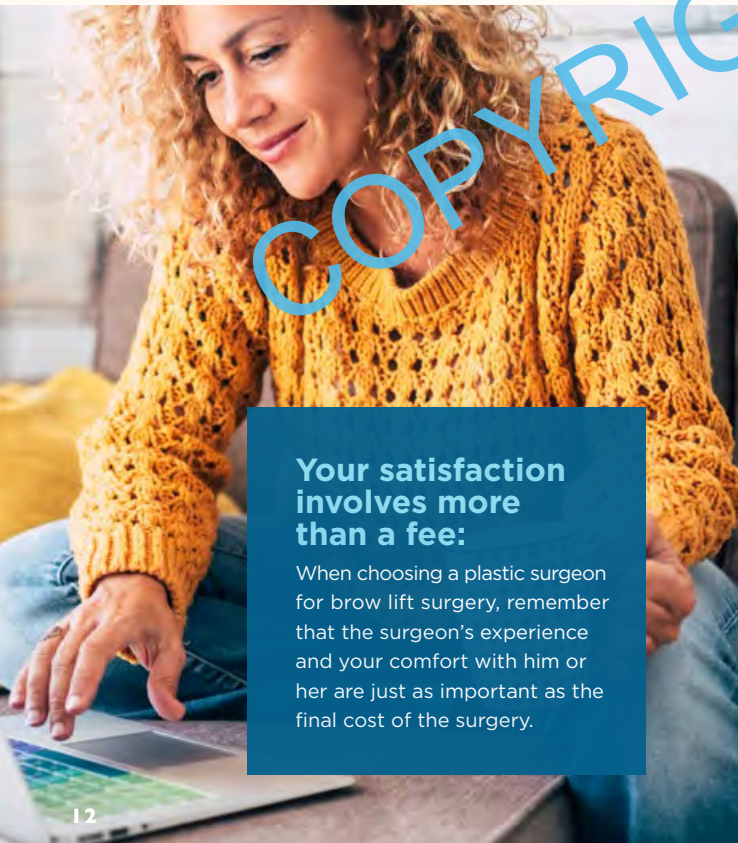
Cost may include:

- Anesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescriptions for medication
- Surgeon's fee

Most health insurance plans do not cover brow lift procedures, as it is considered cosmetic surgery. Please ask your surgeon for a complete picture of the costs you can expect for your brow lift. Many plastic surgeons offer patient financing plans.

Words to know

- **Brow lift:** A surgical procedure to correct a low-positioned or sagging brow; it smooths furrows across the forehead and between the brows.
- **Endoscope:** A surgical video device sometimes used during brow lift procedures.
- **General anesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness.
- **Hematoma:** Blood pooling beneath the skin.
- **Intravenous sedation:** Sedatives administered by injection into a vein to help you relax.
- **Local anesthesia:** A drug injected directly to the site of an incision during an operation to relieve pain.
- **Skin resurfacing:** Treatment to improve the texture, clarity, and overall appearance of your skin.
- **Subperiosteal:** Dissection technique to allow for release and elevation of the brows.
- **Sutures:** Stitches used by surgeons to hold skin and tissue together.



Your satisfaction involves more than a fee:

When choosing a plastic surgeon for brow lift surgery, remember that the surgeon's experience and your comfort with him or her are just as important as the final cost of the surgery.

Questions to ask my plastic surgeon

- ☐ Are you certified by the American Board of Plastic Surgery?
- ☐ Are you a member of the American Society of Plastic Surgeons?
- ☐ Were you trained specifically in the field of plastic surgery?
- ☐ How many years of plastic surgery training have you had?
- ☐ Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- ☐ Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- ☐ Am I a good candidate for this procedure?
- ☐ What will be expected of me to get the best results?
- ☐ Where and how will you perform my procedure?
- ☐ What surgical technique is recommended for me?
- ☐ How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- ☐ What are the risks and complications associated with my procedure?
- ☐ How are complications handled?
- ☐ What are my options if I am dissatisfied with the outcome?
- ☐ Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

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Make the Right Choice

Plastic surgery involves many choices. The first and most important is selecting a member of the **American Society of Plastic Surgeons (ASPS)**.

ASPS member surgeons meet rigorous standards:

- Board certification by the American Board of Plastic Surgery (ABPS)® or in Canada by The Royal College of Physicians and Surgeons of Canada*
- Complete at least six years of surgical training following medical school with a minimum of three years of plastic surgery residency training
- Pass comprehensive oral and written exams
- Graduate from an accredited medical school
- Complete continuing medical education, including patient safety each year
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities

Do not be confused by other official-sounding boards and certifications.

The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name. By choosing a member of The American Society of Plastic Surgeons, you can be assured that you are choosing a qualified, highly trained plastic surgeon who is board certified by the ABPS or The Royal College of Physicians and Surgeons of Canada.



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