



Brow Lifts: What to Expect & Postop Care

Browlifts are generally performed to make the brow look more elegant, to give them a graceful arch, improve forehead wrinkles, improve frown lines and generally give the rest of the face an excellent foundation as we generally look at the eyes and brows when we converse with people. The brows also frame the eyelids and beautiful brows make the eyes look more inviting. In some cases, browlifts are one to improve paralysed muscles or to improve the fields of vision. There are different techniques that are used for performing browlifts but the majority are performed using our registered "London Browlift" endoscopic technique which was developed and improved over the years on both sides of the Atlantic.



Do I need a browlift?

In your consultation, we will assess not only your brows but also your hairline, the relationship of the brows to the upper and lower eyelids and the overall structure of your face. Browlifts are only suggested when they will bring out the beauty of your eyes and frame the face in a pleasing and attractive way. Not everyone will benefit from an endoscopic browlift, so we will ensure we assess and discuss our suggestions very carefully and in detail. You should bring photographs of yourself from previous years, especially those that may show the position, arch and fullness of the brows that looks attractive to you. We generally try to improve the facial appearance without giving our patients an overly high brow. Every face is different and some patients look better with higher brows than others.

What technique will be used for my browlift procedure?

There are several different techniques of brow elevation and repositioning, some of which have been developed and published in the international plastic surgery literature by Dr. Patel. We will choose the technique that is best suited to your brows. In general, we use a technique called the London Browlift technique which is an endoscopic forehead and brow repositioning technique developed by Dr. Patel. It improves more areas than a traditional endoscopic browlift. In some patients, especially men, it may be

necessary to perform a mid-forehead brow elevation. Again, the choice is made carefully: we will discuss the pros and cons of the suggested technique. We don't perform the internal browlift as it generally gives minimal improvement in the position of the brows and minimal cosmetic improvement: we prefer to use techniques that last, look brilliant, and do not need to be repeated for a long time.

What kind of anaesthesia will I need for my forehead and browlift procedure?

These procedures can be performed using sedation anesthesia as well as general anaesthesia. Again, we will look at your general health and previous history and experience with anesthesia to choose the best kind of anaesthesia for you. We work with the best anaesthesiologists who perform superb and properly chosen anaesthesia for our patients.

What other procedures are generally done together with browlifts?

Endoscopic browlifts are often combined with upper eyelid blepharoplasty to give a congruous look to the upper half of the face. Lasers are also used to improve pores, wrinkles, and blemishes on the skin. Many patients actually choose to what we call the Hammock Lift, which is a combination of an endoscopic browlift, upper blepharoplasty and lower blepharoplasty with cheek lifts. This essentially gives you a two-thirds of a facelift (the upper two-thirds). Most of these patients will then have a lower facelift and necklift some months (or years) later. Examples of the Hammock Lift are shown below – they show the longevity of these procedures:





Where will my incisions be?

With the London Endoscopic Browlift, we hide the incisions behind your hairline. There are two incisions on either side of the midline and one on each temple. We do not shave hair: any hair loss is minimal. In fact many of our patients comment that their hairdressers cannot find our incisions once they are healed.

When will my sutures be removed?

Scalp sutures are removed three to four weeks after surgery.

How much swelling and bruising will I have and for how long?

The swelling after endoscopic brow lifts tends to settle on the upper eyelids, the lower eyelids and lower down the face. You will notice that the swelling descends lower down your face over the first few days. It is not uncommon to get bruising around the upper and lower eyelids after endoscopic browlifts and even in the jowl area. It helps to use ice on-and-off on the forehead and the eyelids for the first two to three days. After that, most patients find that using a warm facecloth helps make the forehead and eyelids feel better. The bruising and swelling decreases gradually but in some patients, the last vestige of bruising or swelling can take several weeks to resolve.

Discomfort

You will experience tightness of your forehead for the first few days. It is not uncommon to need prescription pain medication for the first two to three days, after which most of our patients switch to Tylenol or extra-strength Tylenol. You will also experience numbness of the forehead and scalp which decreases over several weeks to months.

Immediately after Surgery

- Keep your head elevated using about three pillows for the first 3 days. Avoid keeping your head down for long periods of time. The force of gravity tends to increase swelling. When bending, bend at the knees. You do not need to remain in bed: a recliner is fine. You may read if you want or watch television.
- Do not take a shower or a bath immediately after your surgery. However, you may shower, wash your hair and even use shampoo after 24 hours.
- If we put on a pressure dressing, we will show you how to apply it back on after a shower and will ask you to wear it every night for the first two weeks and as much as you can during the daytime for two weeks: this helps to reduce swelling and bruising more quickly.
- You may drink water, clear fluids, 7-Up, clear broth, or tea. You may have a light lunch or dinner as long as you are not feeling nauseated (you will be prescribed medication for nausea if needed). You can resume normal eating and drinking within 24 hours. It is wise to refrain from taking alcohol for the first three days after surgery.
- Apply ice on your face (frozen peas or crushed ice in a glove work well) on-and-off (on for 20-30 minutes and off for the same time) for the first two to three days.
- You will have ointment prescribed to apply to any eyelid incisions. You may apply artificial tears into your eyes as vision often varies as you heal. There is no need to apply any ointment to the scalp incisions.
- EVERYONE experiences blurry vision after such surgery because of the swelling. Other than using artificial tears and ice as discussed above, there is no reason to worry. The vision reverts back to normal over a few days, but can sometimes take a few weeks.

When can I go back to work?

We have operated on fellow plastic surgeons who are back able to operate within three days, so you may resume work as you feel well enough. However, do remember that the body ages over many years and therefore needs some days to a few weeks to heal: we are but mortal.

Pilots who fly commercial planes and commercial lorry drivers generally need three to four weeks before they are well enough to resume duties.

Office-based work can usually be resumed within a few days.

Physical work (contractors, builders, painters, etc) will need about 7 – 10 days before they can resume vigorous activity.

When can I resume exercise and sports?

Tennis and skiing are generally best avoided for two weeks. Walking and gentle treadmill workouts can be resumed within three days. Heavy lifting of weights or vigorous aerobic exercise is best avoided for two weeks. Yoga may be resumed in one week (except for the one-handed tree pose, the wounded peacock pose or the Sayanasana pose: NOT recommended)!

Risks of Browlift Surgery

- Excessive bleeding is a risk.
- Patients may develop an infection, although this is uncommon.
- Asymmetry: most patients do not have absolutely symmetrical brows or eyelids. Almost all patients will have some degree of asymmetry of the upper eyelids and face. This is partly because we often sleep on one side of the face. Other factors such as familial traits, previous sun damage, personal habits, etc, also have a bearing. On occasion, the asymmetry may be more marked, in which case an adjustment of the lid height may be necessary. This may be done in the minor operating room or it may necessitate return to the surgical room, with or without sedation.
- Scarring of scalp incisions is very rare.
- Brow position: we change the shape and curve of the brows and improve forehead wrinkles and blemishes during his surgery. As brows always settle as they heal, a slight over-correction of the brow position is always performed: we will guide you through this. The aim is to improve but never to over-eate the brows. We are very aware of the fear that patients quire rightly have of not wanting their brows to be too high!
- Our patients generally love the result so much that they then ask us to perform a facelift or a necklift! This is a risk!

How do I maintain a beautiful long-term result after my endoscopic browlift?

- As we continue to live our lives and use our forehead and brows, some wrinkles and lines are bound to return. Most of our patients will have botox injections every four months or so to keep the brows where we have placed them. By doing this, we have patients who are many years after their browlifts who still continue to look better than the day before surgery!
- Simple sunscreen and moisterizer use is advisable to protect the skin from the vagaries of heat, dryness and wind.
- Some patients need to improve red spots or brown spots which are done in the clinic using Advanced Fotofacial and other Laser treatments.

How long will my endoscopic browlift result last?

Years and years and years!! With minimal maintenance with botox and appropriate sunscreen and moisterizer, we can make these results look beautiful for many years.

Further Questions

Please be sure to ask us any questions you may have whilst you are being seen in clinic so we can help you understand the procedures. Our team of Abraham, Mike, Diana, Patricia and others in clinic will be delighted to help you. You may also contact us: Dena Magallanes (dena.magallanes@hsc.utah.edu or 801 585 6646) or Jill Streeter (jill.streeter@hsc.utah.edu or 801 585 6641).

Thank you for coming to see us.

Sincerely,



Prof. BCK Patel MD, FRCS

I certify that I have read and I understand what I should expect after surgery. All my questions and concerns have been answered.

Patient Signature / Date