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## **Brow Lift**

### Patient Information Handout

#### **Brow Lift**

A brow lift aims to rejuvenate the forehead by reducing wrinkles and elevating the brows to address the 'tired' or 'angry' appearance associated with eyebrow descent and furrows. In some cases the entire width of the brow may need to be lifted, whereas in others only the outer part is targeted to freshen the appearance. Brow lifts also vary in the plane (depth) that the lift is performed in and whether overactive muscles over the top of the nose need to be addressed. A thorough assessment is required to ensure that the correct approach is used and that other factors such as excessive eyelid skin are taken into account in the planning stages.



#### **What Will It Do?**

A brow lift improves facial appearance by targeting stigmata of aging including:

- Elevating the brow into a more youthful position
- Reducing forehead wrinkles
- Reducing frown lines that develop between the eyes near the top of the nose

A brow lift does not address dynamic wrinkles or inherent skin aging. For these issues, non-surgical treatments may be appropriate such as anti-wrinkle injections or skin resurfacing techniques.

#### **Is it Right for Me?**

At your consult, Mr. Bunker will discuss your goals and expectations and perform a targeted examination prior to discussing a surgical plan if appropriate. Brow lift can be performed alone or in combination with other facial rejuvenation procedures such as facelift or eyelid surgery. Brow lift surgery may be a good option for you if:

- You have sagging of your eyebrows
- You have deep creases in your forehead
- You have deep frown lines at the top of your nose
- You have realistic expectations of what brow lift surgery can accomplish
- You are physically healthy and you do not have medical conditions that can impair healing or increase risk of surgery
- You are not prone to bleeding
- You are a non-smoker or have stopped smoking at least 3 months prior

#### **Will I need Anaesthesia?**

Brow lift surgery is usually performed under general anaesthetic. Modern anaesthetics are safe and effective but carry some risks, which you will discuss with your anaesthetist.

### **Will I need to stay in Hospital?**

Brow lift as a standalone procedure can be performed as day surgery. Prior to discharge home you will have a period of observation to ensure there are no early complications such as unexpected bleeding and that your pain is well-controlled.

### **What are the Risks and Complications?**

All surgery has risks. There are general risks which apply to all operations as well as specific risks for individual procedures. General risks and complications of surgery may include:

- Bleeding
- Infection that may require treatment with antibiotics or further surgery in some cases
- Allergic reaction (to sutures, dressings or antiseptic solutions)
- The formation of a large blood clot (haematoma) or fluid (seroma) beneath the skin that may require drainage
- Pain, bruising and swelling around the operated sites
- Keloids and hypertrophic scars that are raised, red and thickened scars over the healed incisions. These may be itchy, annoying and unsightly but are not a threat to health
- Poor or slow healing
- Wound breakdown
- Short-term nausea following general anaesthesia and other risks related to anaesthesia

Specific risks and complications associated with brow lift surgery include:

- Bruising and swelling which usually resolve in the first few weeks
- The hairline may raise slightly
- Temporary hair loss may occur near the treated area
- Hair thinning or loss may appear at the line of incision
- Temporary or permanent numbness at operated sites
- Numbness may be replaced by itchiness, which typically resolves within several months as nerves heal
- Numbness at the top of head which can be permanent
- No movement or poor movement of the forehead muscles in the first days after surgery
- In rare cases, permanent injury to the nerves that control eyebrow movement can result in asymmetry of the eyebrows. Revisional surgery may be necessary to improve appearance

### **Where will the surgery take place?**

Your surgery will take place in an accredited hospital facility.

### **What do I need to do Before Surgery?**

- Due to the recent cosmetic surgery reforms, all patients in Australia undergoing cosmetic surgery are required to undertake a Body Dysmorphic Disorder Questionnaire.
- You will be asked to complete a full medical history. You must list all medications you take including dietary supplements such as fish oil which increase your risk of bleeding.
- Check with your surgeon about your medications as some may need to be stopped. Any additional tests required preoperatively will be arranged by Mr. Bunker or your anaesthetist.
- If you decide to have brow lift surgery, you will need to sign a consent form. Make sure you read the consent form carefully before signing. If you have any questions, please ask them prior to surgery.

- Avoid any strenuous activity or exercise in the week before your surgery
- Make sure you arrange for a relative or friend to drive you to and from the hospital or clinic and that you have arranged appropriate help at home including someone to stay with you for the first 24 hours. Think about the setup at home where you will recover – you may want extra pillows, fluids and a toilet nearby and it is useful to have a telephone within reach.
- Consider work arrangements. Most patients will remain off work for 1 -2 weeks after surgery. A medical certificate can be supplied to your preoperatively if required
- Take Vitamin C supplements 1 gram daily starting at least 2 weeks before your surgery, unless you are allergic or unable to tolerate
- Wash your hair the day before surgery and on the day of surgery to not use any hair products.
- You will receive detailed preoperative and postoperative instructions. Follow them carefully.

### **What do I need to do After Surgery?**

- You can usually drink fluids and eat a light meal two or three hours after surgery.
- Arrange for a relative or friend to drive you home after the surgery. Someone should also stay with you for at least the first day after the operation and preferably for a few days.
- You will receive medications for home (usually pain relief and antibiotics) as well as detailed postoperative instruction which include how to care for your surgical site, signs which warrant concern, contact information and follow-up instructions.
- Some bruising and swelling is normal, and may take up to a few weeks to disappear.
- Dressings are to remain intact until your postoperative review.
- You can usually shower 48 hours after an isolated brow lift.
- Avoid heavy lifting, strenuous exercise, swimming and strenuous sports for 4 weeks.

If you experience any of the following symptoms, notify us immediately:

- Heavy bleeding from the incisions
- Significant swelling around the eye or pain
- Changes in vision
- Fever (>38°C) or chills
- Worsening redness around the incision sites

### **Will I have Scarring?**

Some visible scars are inevitable, however Mr. Bunker will aim to make these as inconspicuous as possible.

### **Will I need Revisional Surgery?**

Revisional surgery may be necessary to correct minor irregularities.

### **How much does Brow Lift Surgery Cost?**

Cost is always a consideration in elective surgery and may include:

- Surgical fee
- Hospital or surgical facility costs
- Anaesthesia fees
- Prescriptions for medication
- Medical tests

A quote for the surgical fee is provided to you prior to surgery. This also contains instructions on how to obtain quotes for associated fees. If you have any questions please contact the Practice Manager.

### Terms you Should Know

- **General anaesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness. When you are under general anaesthesia you are 'asleep'.
- **Intravenous sedation:** Sedatives administered by injection into a vein to achieve relaxation. Also referred to as 'twilight' anaesthesia.
- **Local anaesthesia:** A drug injected directly to the site of an incision during an operation to relieve pain. Also referred to as 'numbed with needles'.
- **Brow lift:** A surgical procedure to elevate the eyebrows to a more youthful position and create a forehead which appears more youthful.
- **Alopecia:** Hair loss.



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