



GOLD COAST
Plastic Surgery



Your comprehensive guide to

BROW LIFT SURGERY

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Brow Lift

The forehead can be one of the first places to show signs of ageing. As a person ages they begin to lose elasticity in their skin, and the muscle and fat begins to lose its tone. This may result in an appearance of being old, tired, sad, or angry.

The brow lift, also referred to as forehead lift, is a surgical procedure designed to reposition a low or sagging brow, and tighten the skin which may be wrinkled or creased across the forehead. As a result, a more vibrant and more youthful looking appearance can be achieved.

Reasons for choosing to undergo a brow lift

Stress, sun exposure and gravity are all contributing factors to sagging skin that has lost its elasticity, resulting in wrinkles and lines. The wrinkles in this area are often called frown lines because they make you look like you're frowning when you're not. Frown lines can make you look tired, sad or angry.

You may also develop creases in the space between your eyebrows, which can yield the same tired look. A brow lift can help refresh your face and give you a more youthful look. It can also reposition existing expression lines so that they don't fall between or directly above your eyebrows.

Brow lift considerations

While skin on the brows can be tightened by a brow lift, the texture of the skin will not be changed. If you have sun damage, wrinkles in your lower face, irregularities in skin colour, acne scars, and/or age spots, you may want to also consider skin-resurfacing procedures in combination with a brow lift to improve the skin.

The following conditions could indicate that a brow lift surgery is right for you:

- Low or sagging forehead (a sad or tired appearance)
- Deep horizontal creases across the forehead
- Frown lines, or furrows, between the eyebrows
- Other signs of aging in the brow region

A brow lift can be performed in conjunction with other facial cosmetic procedures, such as eyelid surgery or a facelift to give a more balanced, natural rejuvenation.

The Procedure

Endoscopic brow lift

An endoscopic brow lift technique is a less invasive alternative to the more traditional open brow lift. This technique is often preferred for younger patients who suffer from mild drooping and wrinkling in the brow area. During an endoscopic brow lift, Dr Mark Doyle accesses the brow area through several small incisions in the scalp with a thin flexible scope. The attached light and video camera allows him to see and work on the various internal structures of the forehead and brow to help create a more youthful looking appearance to the upper face.

What to expect

A brow lift procedure typically lasts two hours. After a brow lift, your forehead will be wrapped loosely in bandages that provide gentle pressure to minimise swelling and bruising. Following surgery a small, thin tube may be temporarily placed under the skin to drain any excess blood or fluid that may collect. Any bandages and drain tubes will usually be removed in one or two days, and most stitches are removed during within a week of the surgery. Once the dressings and drains are removed, puffiness and discoloration may be more pronounced in some portions of the forehead than others. Any unevenness or temporary asymmetry caused by this variance in swelling and bruising is normal. A majority of swelling usually occurs in the first 24 to 48 hours and might distort your upper facial features or stiffen your brow movements.

Recovery

Straining, bending, and lifting should be avoided during the early post-operative period to reduce exposing your incisions to excessive pressure or motion. This includes heavy work, aerobics, running or weight lifting, and sex for at least two to three weeks. Walking and mild stretching are fine. Additionally, do not wear clothing that needs to be placed over your head. Generally, scars from the incisions for both brow lift methods are hidden within your hair.

Swelling and bruising

Keeping your head elevated at least 45 degrees during rest is extremely helpful in reducing the initial post-operative swelling. You can expect most of the bruising and swelling to subside after two weeks. You may also experience numbness to the brow and/or forehead, which usually resolves itself within several months. Dr Doyle will prescribe medication to help control the pain as needed.

Scarring

Scars will remain pink for a few months and will fade over the next six months. Concealing makeup is usually permitted after the first week. Since the healing process is gradual, you should expect to wait at least several months to realise the full benefits of the brow lift. Although a brow lift will last for many years, you will continue to age at a normal rate and your brow may begin to signs of aging again. However, You will continue to look younger than you would if the brow lift procedure had not been performed.

Brow lift risks

Each year thousands of women and men undergo successful brow lift procedures, experience no major problems and are happy with the results. Significant complications from a brow lift are infrequent. However, make sure you understand what surgery involves, including possible risks, complications and follow-up care. A brow lift poses various risks, including:

- Excess scarring
- Facial asymmetry
- Temporary or permanent hair loss near the incision
- An accumulation of blood under the skin (hematoma)
- Changes in skin sensation in your brow and/or forehead area for a few months up to two years
- Forehead nerve damage which can result in loss of the ability to feel or raise eyebrow and/or forehead area
- The need for revision surgery to correct rare complications of the brow lift surgery. Like any major surgery, a brow lift poses a risk of bleeding, infection and an adverse reaction to anaesthesia.

It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure. You can help minimise certain risks by following the advice and instructions of Dr Doyle, both before and after your brow lift surgery.

If you have any concerns about the risks involved with a brow lift surgery, please consult Dr Mark Doyle or the team at Gold Coast Plastic Surgery.



Contact Us

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