

# Brow Lift

## Q. What is a Classic brow lift?

A. An incision (called a coronal incision) is made inside the hairline and hidden behind the hairline. The incision starts at the top of one ear, and runs across the top of the head inside the hairline to the opposite ear. For candidates who are balding, or have a receding hairline, the incision is made mid-scalp along furrows or creases so that scarring is minimized and less noticeable once healed. Once the incision is made, the skin is carefully lifted and the excess skin is removed; and the muscles then are repositioned to enhance a smoother brow. As a result of this procedure, the eyebrows are lifted in a natural position.

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## Q. What is an Endoscopic brow lift?

A. In the more advanced and less invasive of the two lifts, an endoscope (4mm diameter lenses) is used. Tiny vertical incisions inside the hairline are made to insert the endoscope and the instrument is used to lift muscles and layers of skin. The lift is secured with absorbable devices, and once absorbed the scar tissue that forms around the device holds the lift. It relieves the heavy or tired look when brows and eyelids are drooping. In addition, it keeps the brows in a better position for the life of the lift. The simultaneous removal of muscle fibers responsible for making the vertical frown lines between the eyes is an additional benefit. This lift is less invasive, and lessens the chance of losing skin sensitivity and numbness since the incisions are so small.

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## Q. What if I have a 'surprised' look after my brow lift?

A. A brow lift does not always mean that the brow is elevated; as the lift may occur to the lower brow to raise the brow or alter the shape. The 'surprised' look that many patients are cautious of is rarely permanent, though it may last for up to three weeks following surgery. The 'surprised' look is a result of swelling in the area and as the swelling goes down, the brow will resume a more natural position. The surprised look is only permanent if too much skin was removed and occurs very rarely.

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## Q. What is recovery like?

A. Endoscopic lift patients have less pain, swelling and numbness, as a result of the miniscule incisions made at varying points across the scalp. The classic lift tends to leave patients temporarily with a numb and itchy scalp due to the length of incision made across the hairline. Though it is not permanent, classic lift patients may experience temporary hair loss and loss of sensation for up to six months afterwards. Endoscopic patients' recovery is slightly accelerated compared to patients who get the classic lift.

- ▶ For both lifts there may be slight swelling and discomfort after surgery.
  - ▶ Stitches or staples seal the incision site and are removed seven days after the procedure takes place. After roughly ten days there should be no swelling or pain in the forehead or brow area. Some patients experience numbness or slight swelling in the cheeks or eyes during the following week or so following the procedure.
  - ▶ Physical activity should be avoided for at least a week.
  - ▶ Avoiding full exposure to the sun and intense heat will allow the wounds to heal and scarring will be minimal.
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## Q. Will a brow lift lessen wrinkles/ creases around my forehead and eyes?

A. Yes. A brow lift targets the area above and below the brow so it will assist in decreasing wrinkles and furrows in the area. It is best to discuss what aesthetic outcome you desire with your surgeon so you can get optimal results from your surgery.

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## Q. Will a brow lift help to make me look younger?

A. This procedure is best when combined with a facelift or eyelid surgery, as a brow lift alone will not take years off appearance of the face. For the best results, a brow lift could be combined with non-surgical procedures such as fillers, Botox®, laser skin resurfacing, microdermabrasion, or other such non-invasive treatments.