BROW LIFT (BROWPLASTY)

FREQUENTLY ASKED QUESTIONS (FAQs)

1. What is an Eye Brow Lift?

The brow lift, also known as browplasty, is a cosmetic surgery procedure designed to rejuvenate the upper one-third of the face i.e. brow and above it. The brow lift can elevate and reshape the brow and can improve brow shape and correct the heaviness or drooping of the brow associated with aging.

2. Who is a good candidate for an eyebrow lift?

Healthy women and men who are worried for their flattened brow that contributes to unwanted heaviness above the eye may be good candidates for a brow lift. Patients who are interested in a brow lift are often looking to improve a tired, sad, or aged look caused by unwanted heaviness of the upper eyelid.

3. Am I a candidate of brow surgery or an eyelid surgery?

Many brow lift patients initially inquire about upper eyelid surgery, also known as blepharoplasty, as a heavy or drooping brow may be partially or entirely responsible for the cosmetic deformity along the upper eyelid region. It is not uncommon for patients to undergo a combined brow lift and upper eyelid lift. Arrange a consultation with Dr Ansari to find out which procedure is more suitable for you.

You can test yourself as well while looking in a mirror; use your finger tips to elevate one of your eyebrows. Look at the elevated brow compared to the non-elevated side. Also, note how the upper eyelid is improved.
4. What are the different types of Brow lift procedures?

There are a variety of brow lift procedures which can be performed to reshape the Eye brow.

*The temporal brow lift* mainly elevates the tail of the brow and is primarily reserved for female patients desiring a more feminine, gently arched brow.

*The endoscopic brow lift*, which elevates the entire brow, may be performed on patients with a relatively vertically-oriented forehead which can facilitate the use of the surgical telescopes and instruments.

*The open brow lifts*, which also elevate the entire brow, are performed using an open technique with a continuous incision and the removal of a defined amount of forehead skin. The pre-hairline open brow lift, which involves an incision made in front of the hairline, helps to elevate the brow while also shortening a high forehead.

*The direct brow lifts* involve an incision placed just above the brow and within a well-developed horizontal crease of the forehead. These are typically reserved for elderly patients who may not be good candidates for any other types of brow lifts.

5. Where is the brow lift procedure performed?

Most brow lift procedures are performed in an outpatient surgery centre; though some limited brow lifts like the temporal brow lift may be performed as an office-based procedure.

6. What type of anaesthesia is used for the brow lift?

Endoscopic, temporal and open brow lifts can be performed either under deep sedation (twilight anaesthesia) or general anaesthesia. Local anaesthesia is sometimes used for later temporal lift and direct brow lift.

7. How different types of brow lift procedures are performed?

The exact nature of the brow lift surgery will depend on the technique used.

For *temporal brow lift*, a narrow, elliptical-shaped incision is made in the temporal hair. The incision is undermined toward the brow, allowing mobilization and elevation of the outer brow. The tail of the brow is then suspended and repositioned in an upward and outward direction, and then stabilized with carefully placed sutures. Additional sutures or staples are used to close the scalp incision.

An *endoscopic brow lift*, also known as an endobrow, includes a temporal brow lift on both sides. An incision is made in the midline of the scalp and either side of the midline. Working through the incisions, the forehead soft tissues are mobilized with the help of narrow surgical telescopes that allow for
visualization of the surgical dissection. The attachments keeping the brow down are released and, if there is excess activity of the frown muscles in between the brow, these are addressed by cutting the individual muscles. The brow is then lifted directly upward and stabilized in the new position. An absorbable suspension device, termed an endotine, is used to stabilize the new position of the central brow. The endotine slowly reabsorbs over the next several months. The lateral brow is suspended and stabilized with carefully placed sutures, the scalp incisions are closed.

The open brow lifts involve incisions made at the forehead hairline and behind hairline. Dissection is performed though the longer incision under direct vision. The brow is released and the frown muscles altered similar to the endobrow, and the brow is then suspended according to how much skin is removed along the incision. Fine sutures are used to close the incision and dressing is applied to the forehead.

For a direct brow lift, incisions are made along the upper border of the eyebrow, with the width of the curved incision corresponding to the amount the brow will be elevated. Skin is removed and the brow is lifted using permanent or semi-permanent sutures attached to the underlying muscle. Fine sutures are used to close the incision. The indirect brow lift is similar to the direct brow lift except the incision is placed within a well-formed horizontal forehead crease.

8. How long does the brow lift take to perform?

It varies on the technique used. However, on an average the brow lift usually takes two to three hours to perform.

9. Are there scars after a brow lift?

The incisions made during the brow lift will result in scars, the degree of which will depend upon the particular technique used. The incisions are generally placed so as to be well-concealed, often within or at the hairline or within a deep forehead crease.

10. Is the brow lift a painful procedure?

Patients may experience some discomfort or pain which can be controlled with painkiller medications.

11. What is the recovery like after a brow lift?

Some amount of swelling and bruising, mostly around the eyes, is common during the first seven to ten days after the brow lift. Patients will be advised to sleep with the head slightly elevated to help minimize swelling. Patients can minimize swelling and bruising by avoiding blood thinners like aspirin and ibuprofen for two weeks prior to surgery. Some patients experience temporary thinning of the surrounding hair, but hair growth eventually return to normal density and appearance in nearly all cases. Patients may also experience
some temporary numbness above the scalp incisions near the top of the head.

Within a week after surgery, the sutures will be removed and a lighter, removable bandage will be applied. Patients will be given instructions regarding wound care. Follow-up appointments will then occur every several weeks during the first few months.

Most patients are presentable in public after seven to ten days, and make-up can be worn at this point to help conceal any remaining bruising. Though the incisions concealed within the hair may feel slightly raised for a short period of time after surgery, the resulting scar will be less visible once the healing process is complete.

For patients undergoing an endoscopic brow lift with an endotine device, the outline of the endotine device may be able to be felt initially but will fade as the endotine begins to absorb. Incisions made for the direct and indirect brow lifts may appear slightly pink for the first few days to weeks, but these will fade as the scar matures and remolds over the following months.

12. When will I be able to return to work after undergoing a brow lift?

Work and other normal activities can usually be resumed within seven to ten days after the brow lift. Patients who are not bothered by the bandages may be able to return to work sooner.

13. When will I be able to exercise after my brow lift?

Aerobic activity and recondition can usually be resumed within ten to fourteen days after the brow lift. Strenuous activity and resistance workouts may be resumed in about three to four weeks.

14. When are the stitches removed after the brow lift?

The stitches are usually removed within a week after the brow lift.

15. Are there risks or complications with the brow lift?

As with all types of surgery, there are potential risks associated with the brow lift. The risk of infection is very low and bleeding complications are quite rare provided that patients follow instructions to stop taking blood thinners for two weeks before surgery and stop smoking at least two to three weeks before surgery. Any surgery involving the brow and forehead carries the potential risk of damage to the frontal branch of the facial nerve which helps elevate the brow on a normal basis. Numbness of the scalp is another known complication of brow lift due to sensory nerve injury. Recurrence of brow drooping can also occur.
16. Does insurance cover the brow lift procedure?

Brow lift procedures are generally not covered by insurance when performed solely for cosmetic purposes. Some coverage may be available when excess skin of a heavy brow contributes to a loss in peripheral vision. This finding will need to be found on objective testing and examination with the doctor.

17. How long will a brow lift last?

A brow lift, achieved by either technique will last for 10-15 years. The open technique may last a little longer since scalp tissue is excised and the forehead is permanently shortened. No scalp tissue is excised in the endoscopic brow lift, but it is raised into a precise position and subcutaneously secured to the skull.

18. Can other procedures be done at the same time?

Yes, it is very common to do other facial procedures such as eyelid surgery, facelifts or nose reshaping at the same time. Even body procedures such as breast surgery, tummy tucks or body-contouring liposuction can be combined with a browlift.

19. What can I expect after my brow lift?

Expect a subtle yet elegant revitalization of the upper face region. With an endoscopic brow lift, the small scalp incisions are well-hidden by hair. For patients who have an angry look due to a heavy or sagging brow, a brow lift brings a natural but dramatic transformation to his/her face with a refreshed and softened expression.

The results of the endoscopic brow lift surgery are a more-rested and revitalized upper portion of the face. This technique greatly reverses the angry, unhappy, sad or tired appearance. The improvement can be expected to last many years. However, you will continue to age and gravity will still occur, but the area will always look more rejuvenated. The brow lift techniques can be done again in time if necessary.

20. How do I schedule an initial consultation for brow lift?

Dr. Ansari is an experienced surgeon who is dedicated to helping patients achieve the results they desire. If you are interested in experiencing the benefits of blepharoplasty for yourself, contact My Cosmetic Clinic.

You can call us on 0298177585 during working hours. You can book your appointment online via our website www.mycosmeticclinic.net or you can send an inquiry through our website and we will come in contact with you as soon as possible.