



*Aura*

ADVANCED SKIN CARE  
& PLASTIC SURGERY

# BROW LIFT

FOREHEAD LIFT

## What is a Brow Lift?

Also known as a forehead lift, a brow lift is a cosmetic procedure that adds beauty and youthfulness to the upper face by surgically lifting sagging and wrinkled skin of the forehead and re-suspends the eyebrows in the appropriate position.

Often, age and other environmental factors can cause the forehead to droop and wrinkle giving off an impression of anger or exhaustion. A brow lift can easily remedy this by removing excess, sagging skin and repositioning underlying muscles and tissues of the forehead.

Brow lifts can also eliminate deep skin furrows in the forehead, improve vision by lifting skin away from eyes all while giving the upper face a refreshed and rejuvenated look.

## Good candidates for Brow Lifts include those who:

- Are in overall good health
- Do not smoke
- Have deep lines or furrows of forehead
- Have vision impeded by skin that droops over the eyes
- Have a constant tired or angry look due to sagging forehead

## Who is a Good Candidate for a Brow Lift?

As we age, our skin loses its elasticity and gravity takes its toll on not only the skin but muscle and other tissue of the forehead. Most individuals who pursue a brow lift are unhappy with the appearance of their forehead and brow due to the changes that come with age, environmental stressors or genetics.



# HOW IS A BROW LIFT DONE?

## Before the Procedure

### Meet with a Surgeon

First, you will need to meet with a board certified plastic surgeon. This is important because board certified plastic surgeons must meet rigorous qualifications and standards to receive their certification after completing four years of medical school and several more years of residency. Be wary of physicians who are certified by medical boards other than plastic surgery as they do not have the same extensive training.

In addition to their certification, choose a surgeon with experience doing the procedure you are interested in. Don't be afraid to ask how many procedures they perform per year or month and take that into account when choosing a surgeon.

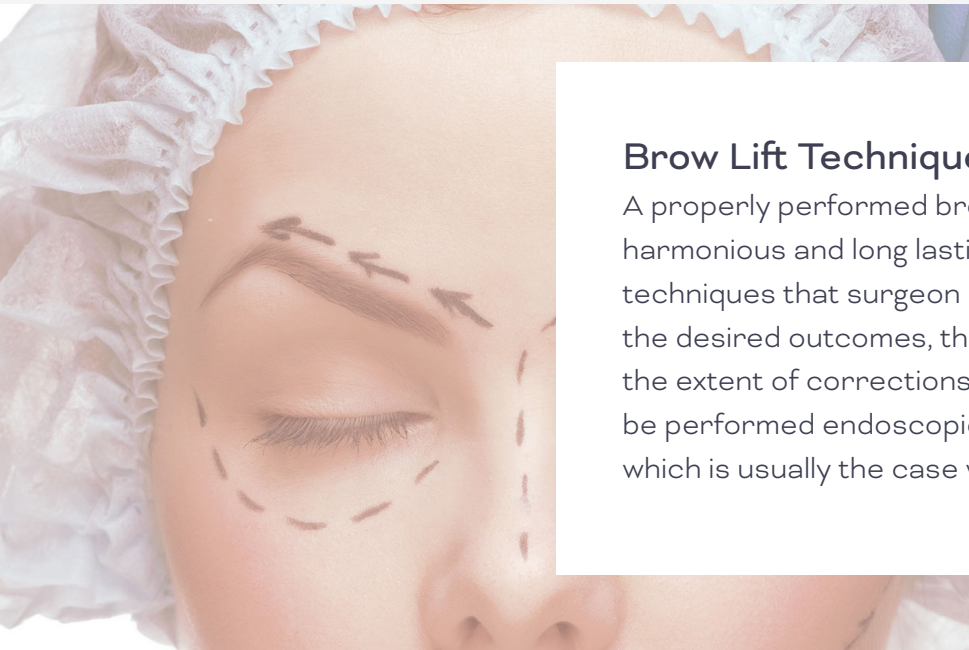
### During your surgeon visit

During your pre-op visits you'll also discuss, any medical conditions and medications you take. Pictures will likely be taken to document your face before and after as well as outline the expected results of the procedure. Blood work may also be required to detect any pre-existing conditions in case special considerations need to be taken. Pre-op instructions will likely include when to stop eating and drinking before the procedure, and when to arrive for your procedure.

## The Procedure

### Where and how long will the surgery take?

Brow lift surgeries are performed at an outpatient surgical center or hospital under general anesthesia or IV sedation. The average brow lift takes about an hour to an hour and a half to complete. Duration may be longer if combined with other procedures.



## Brow Lift Technique

A properly performed brow lift should produce natural-looking, harmonious and long lasting results. There are a variety of techniques that surgeon use to perform brow lifts depending on the desired outcomes, the unique anatomy of each individual and the extent of corrections that need to be addressed. They can be performed endoscopically (under the skin with tools) or open, which is usually the case with classic, or hairline brow lifts.

## After the Procedure

Once the procedure has been completed, you'll be held in the recovery room until you wake up from anesthesia or sedation.

Unless you are staying in a special post-op suite or the hospital, you will need to arrange for someone to drive you to and from surgery and stay with you the first few nights to help you recover.

# WHAT IS RECOVERY FROM A BROW LIFT LIKE?

## After the Surgery is Complete

Following the surgery a bandage is gently placed around the forehead and brow to minimize swelling and bruising. Additionally, a thin tube may be present to prevent excess blood or fluid from collecting under the skin.

Your surgeon will give you specific instructions that will include how to care for the surgical site and drains, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health and when to follow up with your plastic surgeon.

## As you Recover over time

Post-procedure instructions include plenty of rest, fluids and keeping the head elevated to minimize swelling which often means sleeping in a recliner or significantly propped up in bed.

Plan to have someone else around to help with some daily activities for a few days, especially if you have young kids or animals to take care of. Exercise and other types of physical activities may not be allowed for a few weeks. Your surgeon will give you specific instructions on when you can return to certain activities.

# WHAT ARE THE RESULTS & BENEFITS OF A BROW LIFT?

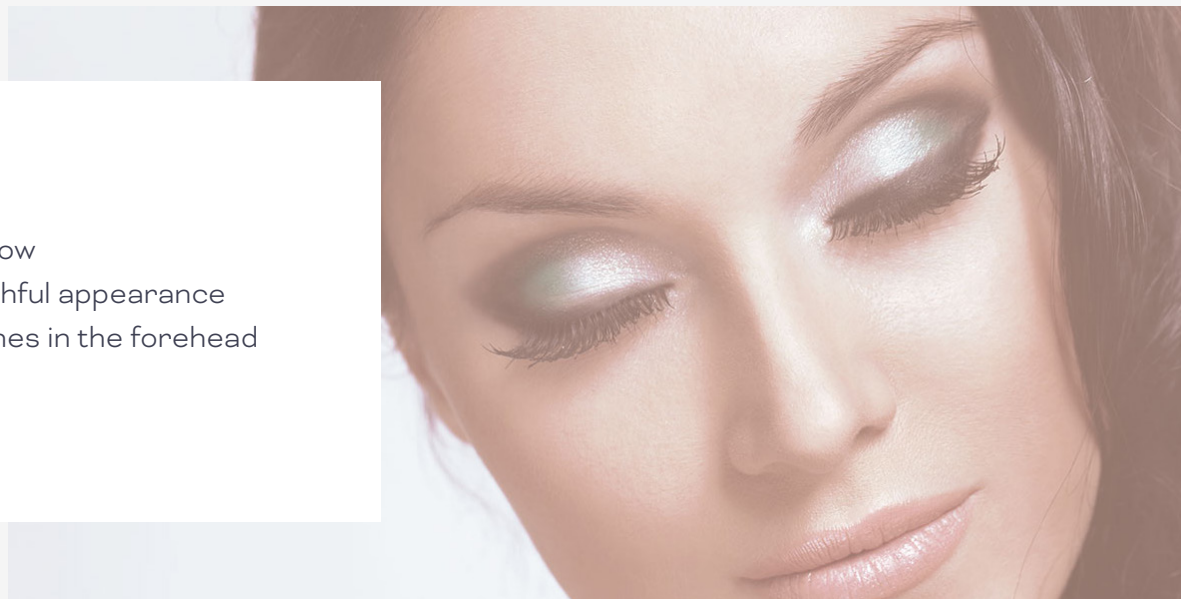
## Results & Benefits

### After the bandages come off

Although some swelling may be present for a few weeks or so after the procedure, the final results from a brow lift can be appreciated once the bandages are removed, usually within the first week following the surgery.

### Brow Lift Benefits

- A lifted, less wrinkled brow
- A more rested and youthful appearance
- Less furrows or deep lines in the forehead
- Less skin over the eyes





# WHAT RISKS COME WITH A BROW LIFT?

Risks are present with any type of procedure or medical treatment. Knowing what risks you may face will help you weigh the pros and cons so you can make the right decision for you.

Your surgeon will go over risks that may be more specific to you but in general here are some risks associated with brow lift procedures.



## **Brow Lift Risks**

- Infection
- Bleeding
- Blood Clots
- Skin discoloration from scarring or bruising
- Undesirable scarring depending on what technique is used
- Chronic Pain
- Adverse reactions to anesthesia or sedation medication

# LIST OF QUESTIONS TO ASK DURING CONSULTATION

- ❓ Is the surgeon a Board Certified Plastic Surgeon?
- ❓ Are there any steps I can take to help me prepare for my surgery?
- ❓ What surgical technique would be best for me?
- ❓ Are there before-and-after photos of individuals with a similar body type as mine so I can see what a similar outcome might be for me?
- ❓ Are there any risks and complications specifically associated with my breast augmentation procedure?
- ❓ Will I be going home afterward or staying overnight?
- ❓ Will I be given any medication after the surgery?
- ❓ How should I expect to feel immediately following and for the first few days after the procedure?
- ❓ What will the bandages and dressings be like and for how long will I have to wear them?
- ❓ What is the typical time-frame for recovery?
- ❓ What daily activities should I avoid during recovery and for how long?
- ❓ Will I need help during my recovery? What kind and for how long?
- ❓ Is there a number I can call in case complications arise?
- ❓ How often will follow up visits be?
- ❓ Will stitches need to be removed? If so, when?
- ❓ What's the expected time-frame for healing? When can I expect to see the final results?
- ❓ Where will the surgery be performed?
- ❓ If it is a hospital, is it accredited by the Joint Commission? You can check at [www.qualitycheck.org](http://www.qualitycheck.org)
- ❓ If it is an office-based surgical facility and not a hospital, is it accredited by a nationally or state-recognized accrediting agency? Specifically, the Accreditation Association for Ambulatory Health Care (AAAHC) and The Joint Commission? You can check at <http://www.aaahc.org/>