

Brow Lift Surgery

Patient Information

Background

As we age, skin begins to lose elasticity and starts to sag. The first area of our face to show the signs of ageing is often the forehead and brow area, leading to heavy, low brows. You might choose to have a brow lift if you have a low, sagging brow or brow asymmetry.

What is brow lift surgery?

Brow lift surgery, or a forehead lift, is a surgical procedure designed to smooth the area from the eyebrows to the hairline. By repositioning soft tissue and skin of the brow and forehead, a brow lift rejuvenates the forehead, brow, and eye area. A brow lift can be performed as a standalone procedure or in combination with other facial procedures, such as eyelid surgery (blepharoplasty) or a face lift.

Is the procedure right for me?

A detailed consultation with your consultant plastic surgeon is essential prior to undergoing any surgical procedure. During the consultation, your surgeon will discuss your area/s of concern, desired improvements, options available (including no treatment at all) and expected outcomes. Your surgeon will examine your face and may take some photographs for your medical records. You will be given a 'cooling-off' period of at least 2 weeks between initial consultation and the date of your operation to ensure you have ample time to reflect on all aspects of the procedure before proceeding (although please bear in mind the waiting lists for our surgeons mean this period is invariably significantly longer).

How is the procedure carried out?

Should brow lift surgery be agreed upon as the most suitable course of treatment, the procedure will be carried out in our state-of-the-art operating theatre. Brow lift techniques vary depending on your individual concerns and desired results. The specific technique your surgeon chooses will determine the location of the incisions and the resulting scars. The techniques utilised by Coppergate Clinic's consultant plastic surgeons are coronal and temporal brow lifts. During a coronal brow lift, your surgeon will make an incision behind your hairline across the top of your head and lift your forehead into its new position, with the scalp in front of the incision overlapping the scalp behind it. The overlap is then removed, and the remaining scalp is sewn together. This technique is not typically performed in people who have high or receding hairlines, thin hair or who are likely to lose their hair. During a Temporal (hairline) brow lift, your surgeon will make an incision between the top of your forehead and the beginning of your hairline. A small amount of skin and tissue will be removed from the top of your forehead, rather than your scalp to ensure the hairline will not be pulled back.

Aftercare and recovery

After surgery it is important to rest to allow the area to settle. You should take it easy for the first 2 days post-surgery, remembering that the less you do, the less you will bruise. As a general rule of thumb, avoid doing anything that would make your face redden during this initial stage of healing. This may range from avoiding hot baths to ensuring you do not exert yourself through lifting, for example. Patients generally experience mild discomfort after this procedure and healing usually progresses quickly. After surgery the area will bruise a little reaching a maximum after 48 hours, gradually settling over subsequent weeks. Normally, you will need up to 2 weeks off work and will need to avoid vigorous exercise for around four weeks whilst deeper level healing takes place. Showering is permitted on the second post-operative day. Scars tend to be quite red initially, turning to purple and then fading to white.

What to expect after surgery

The surgery is usually performed as a day case under general anaesthesia. Our highly experienced medical team will be on hand during your stay to care for your needs. The operation usually takes around two hours to complete. Coppergate Clinic's surgeons work meticulously, using the most advanced surgical techniques and careful placement of incisions to ensure optimal results with as little scarring and downtime as possible.

Risks and Complications

All surgical procedures are associated with risks. Your Surgeon will explain these in detail during initial consultation, enabling you to reach an informed decision on whether you wish to proceed. Serious complications are uncommon, however patients should be aware of the following complications prior to undergoing brow lift surgery-

- Anaesthesia risks including allergic reaction, blood clots, heart attack, stroke, and death
- Infection
- Healing problems
- Extrusion of deep stitches
- Loss of blood supply to skin
- Change of the colour of skin
- Bleeding, swelling, and bruising
- Asymmetry
- Poor scarring of skin
- Increased or reduced sensation
- Damage to deeper structures
- Unsatisfactory results
- Pain, which may persist
- Change over time
- Allergic reaction
- Possibility of revisional surgery

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Results

The results of brow lift surgery are visible immediately after surgery; however, it may take up to 6 weeks post-surgery for swelling to settle and for the true result to be seen. A brow lift offers long-term correction to facial creases, as well as sagging, drooping skin across the brow line. Excess skin is removed, and the underlying structure is adjusted for a natural, youthful outcome.

Cost

Prices for fat transfer can vary. Costs may include-

- Anaesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescriptions for medication
- Surgeon's fee

After consultation and if you are planning to proceed with surgery, you will be given a written quotation regarding the cost of the planned procedure.

Alternative treatments

Alternative forms of management consist of not treating the laxness in the forehead and eyebrow regions with brow lift surgery. Brow lift surgery is generally the most effective way to improve skin laxity, skin wrinkles and fatty deposits to the brow and forehead area, however improvement may also be attempted by other treatments or surgery. Risks and potential complications are associated with alternative forms of treatment.

If you experience any problems or have concerns following surgery, please do not hesitate to call our direct patient line for assistance on 07908 891059.

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Patient Pre & Post-Operative Care Guide

Pre-Operative Preparations

6 week period before surgery-

Patients requiring twilight or general anaesthesia should not travel long haul for the 6 week period before and 6 week period after surgery. Refrain from using any nicotine products including cigarettes, nicotine vapes and chewing gum.

4 weeks before surgery-

Stop taking the contraceptive pill and HRT 4 weeks before surgery if this has been advised by your Surgeon or anaesthetist.

2 weeks before surgery-

We would recommend that you start taking Arnica anti-bruising tablets, three times a day, two weeks prior to and two weeks after surgery. These are available from several health and wellbeing stores, including Holland & Barratt.

1 week before surgery-

Avoid Aspirin, Ibuprofen, Nurofen and other similar painkillers one week before and two weeks after surgery. Paracetamol is the safest painkiller to take, if necessary.

Stop taking Vitamin E and its compounds (such as evening primrose oil, fish oils, garlic and garlic capsules) 1 week before surgery and 2 weeks after surgery. Taking Vitamin E in any form can cause bleeding and post-operative complications.

1 day before and on the day of surgery-

Shower all over (including your hair and face) with Hibiscrub antiseptic liquid soap (provided on prescription from Coppergate Clinic) the day before and morning of your surgery before coming into the clinic. Do not apply moisturiser after showering.

Day of surgery-

You must avoid eating solid food and milky drinks for 6 hours prior to your appointment for sedation. Water, clear drinks, black tea and black coffee can be consumed for up to 2 hours before your sedation/general anaesthetic.

You must take your routine medicines at the usual time, unless advised otherwise and bring them with you (including inhalers).

At least one nail must be free from acrylic or nail polish nails as a monitor will be placed on a finger.

You will be discharged from the clinic wearing a compression garment around your face. If you think that you may feel self-conscious about this, we recommend that you bring a hat or scarf to wear, along with sunglasses.

Post-Operative Instructions

Average length of stay-

The surgery will be performed as a day case under a general anaesthetic or twilight anaesthesia unless your Surgeon advised otherwise during consultation. **If you live further than a 1 hour drive from the clinic, it is mandatory to stay in the vicinity until the following day.**

6 week period after surgery-

Patients requiring twilight or general anaesthesia should not travel long haul for the 6 week period before and 6 week period after surgery.

0-2 weeks after surgery

- It is essential to ensure activity is kept to a minimum and to rest as much as possible
- Wear the provided compression garment day and night, except for when showering
- Wear the provided TED stockings day and night until you are up and about as normal
- Shower if you wish and feel free to wash your hair, but please be as quick as possible and do not linger
- Dressings should be gently patted dry before the compression garment is put back on. At your follow up appointment, your surgeon will guide you on when leisurely showers and baths may resume
- Keep your head up to reduce swelling and sleep with extra pillows to raise your head
- Paracetamol can be taken as required

2 weeks after surgery

- Gentle activity may resume (for example driving) but do listen to your body- it will tell you if you are overdoing things

6-12 weeks after surgery

- Swimming and more strenuous exercise may resume, as advised by your surgeon at your follow up appointment

12 weeks after surgery

- The scar and surrounding skin can be moisturised daily

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