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Browlift - Forehead Lift

Sagging or ptosis of the forehead and/or eyebrow area is a very common sign of aging. A Forehead Lift is used to correct a drooping brow and reduce the horizontal lines and furrows (worry lines) that often make a person appear tired, sad or angry. The procedure results in a refreshed, youthful appearance to the forehead area above the eyes. It also improves the droopy eyelid appearance and is commonly performed with a Blepharoplasty (eyelid surgery). The object of a Browlift is to produce a natural correction of the ageing process by removing the lines of wear and tear. The procedure can produce a significant improvement in the appearance for many years.

A browlift can:

- Smooth out deep forehead wrinkles
- Raise drooping eyebrows
- Improve the droopy eyelid skin
- Lessen frown lines between the nose and eyes

Understanding the procedure When performing a Forehead Lift, muscle and tissue areas that droop or cause creases are removed or corrected to smooth the skin on the forehead, reduce frown lines and raise the eyebrows. There are **different types of browlifts**: a traditional browlift, an endoscopic browlift, modified or short incision trichophytic browlift, mid forehead and direct brow lift. With a **traditional browlift** (coronal, trichophytic) an incision is made from temple to temple behind or at the hairline at the top of the head. Dr Chow will then remove any excess skin, tighten muscles and reposition the eyebrows for a more youthful look. The excess skin is trimmed and the incision closed with sutures or staples.

Endoscopic browlifts are performed with an endoscope. Several small incisions are made above the hairline. Through these incisions the skin is released from the brow bone and lifted upwards. The eyebrows are then repositioned and set into place. The skin is not trimmed during this procedure and the hairline can be higher.

Modified short incision trichophytic endoscopic brow lift – small incision (3 cm) is made at the lateral hairline and with /without the aid of the endoscope a brow lift is performed and eyebrows are repositioned. Small amount of forehead skin is excised. The hairline is unchanged.

A **mid forehead lift** places the incision in a wrinkle at the midway area of the forehead. Skin is then elevated and the brow can be elevated to the desired level. It is useful in men with heavy foreheads.

A **direct brow lift** is similar to the above except the incision is just above the brow and it is best for asymmetrical brows or brow ptosis due to facial nerve paralysis.

A Browlift is normally performed under Local Anaesthetic with Sedation or under general anaesthetic in hospital. Combined with Botox prior to browlift (or some time after) it can significantly improve the outcome. It is commonly combined with eyelid lift (blepharoplasty) and also endoscopic subperiosteal mid facelift or facelift.

Initial Consultation

Facial and cosmetic surgical procedures can help increase self-confidence because, generally when people look better, they feel better. However certain aspects of facial plastic and cosmetic surgery, which cannot be ignored, are the patient's mental and emotional attitudes.

An initial consultation gives you and Dr Chow the opportunity to discuss your intended procedure/s in full.

Some of the questions you may wish to ask are:

- Am I a good candidate for this procedure?
- What is a realistic outcome for me after surgery?
- How long will the operation take?
- What is the recovery time?
- What are the risks involved?

- Is post-operative medication necessary?
- What is the charge for the procedure?
- It is a good idea to write down the answers Dr Chow provides so that you can review these carefully later. The consultation also provides you with an opportunity to meet Dr Chow to determine whether your personality and hers are compatible and that you feel comfortable with her as your surgeon.

Medical History

It is important that you are candid with Dr Chow and her staff regarding your medical history so she can plan the best possible treatment. This information is strictly confidential. Please inform her of any:

- Previous facial and/or cosmetic surgery (nose, eyelids, breasts, abdomen etc.)
- Past and current medical conditions such as heart, lung and kidney disease, prolonged bleeding or excessive bruising, blood clots in the legs or lungs, or gastric reflux.
- Current medications especially Aspirin, Plavix, Anti-inflammatories, Warfarin, Xarelto or Rivaroxaban, blood thinners, Insulin, and oral contraceptive pills. Over the counter products such as vitamins and herbal medications may also be important.
- Allergies or adverse reactions to antibiotics, anaesthetic drugs or other medications.
- Psychological and psychiatric illnesses
- Past keloid scarring or poor healing
- Connective tissue disorders such rheumatoid arthritis, lupus erythematosus, scleroderma or similar
- Previous radiotherapy to the head, neck

Dr Chow will then examine your features and after discussing options and specific risks and benefits will recommend the most appropriate procedure/s for you. We respect your privacy. During your consultation you will be able to view some *before and after* photographs. We emphasise that the only photos shown are those of patients who have given their written permission to do so.

MAKING A DECISION TO PROCEED WITH SURGERY

Whether your surgery is desired for functional or cosmetic reasons, your choice of a qualified facial plastic surgeon is of paramount importance. As a Facial Plastic and Cosmetic Surgeon, Dr Chow is trained in both Otolaryngology Head & Neck Surgery and Facial Cosmetic surgery, which provides you, the patient, with the highest level of training and expertise. You should be informed as much as possible before making a decision to proceed with cosmetic surgery. Cosmetic surgery is an elective procedure, which means that it is a personal choice and not necessary for maintenance of good health. You can expect a thorough explanation from Dr Chow regarding the various types of surgical and non surgical procedures. Dr Chow will inform you of the best methods of anaesthesia, the surgical facility where your procedure will take place and the benefits and risks involved in surgery. Following a joint decision by you and Dr Chow to go ahead with a procedure, photographs of you will be taken and Dr Chow will further discuss the options available.

A good rapport between you and Dr Chow and realistic expectations are prerequisites for successful outcome. You are most likely to be pleased with the results if you have a realistic idea of what surgery can and cannot do.

The goal is for a natural, aesthetically pleasing and balanced look.

Please do not hesitate to seek another doctor's opinion if you are uncertain about Dr Chow's advice. You are the most qualified person to select a surgeon that is right for you.

PREOPERATIVE (Before surgery) INSTRUCTIONS

- Please cease Aspirin, Aspirin-containing products, Plavix and non-steroidal anti-inflammatories (such as Ibuprofen) for 10 days prior to and two weeks following your surgery. If you are on any medications that affect bleeding (such as Warfarin, Xarelto or Rivaroxaban) please notify Dr Chow.
- Smoking tobacco and alcohol increase anaesthetic and surgical risks. Please cease them for one to two weeks prior to and three weeks following surgery. They cause delayed wound healing, skin redness and other complications.
- Please notify us of all your routine medications and significant health history. You can remain on your daily medications, except for blood thinners unless instructed otherwise.
- Arnica, a natural herb that significantly decreases bruising, can be taken before

and after surgery along with Vitamin C (ascorbic acid), which helps promote healing.

- If you are having a morning procedure you must not eat or drink after midnight the evening before. If you are having an afternoon procedure you must not eat or drink after 6.00am on the morning of surgery. You may, however, take your normal medications and brush your teeth.
- Please shower and remove any make-up and nail polish before arriving for your procedure.
- Unless you are remaining in hospital someone will need to drive you home after surgery and stay with you that evening.
- If you have any concerns please call the office. Remember, we are all here to give you the best possible care.

POSTOPERATIVE (After Surgery) INSTRUCTIONS

After surgery Dr Chow will apply sterile dressings and a head bandage. There will be a moderate degree of discomfort and some swelling and bruising. Ice packs on the area may help reduce any puffiness or swelling. Sutures will be removed within 5-7 days and staples in days. There will also be some numbness in the forehead and scalp and this may take up to 6 months or more to get back to normal. Hair can be washed on the second day with incisions, sutures and staples can get wet as water, soap and shampoo trickle over them. The incisions should not be directly scrubbed or irritated. Applying Vaseline four times a day to the sutures and staples is an essential part of the healing process. Sutures that have been kept lubricated with ointment are less painful to remove. If you have a combination of procedures such as an Eye Lift and Rejuvenation, your vision may be cloudy from the ointment we place in your eyes at the time of surgery. Unless you are staying at the hospital you may be asked to see Dr Chow at her clinic 1-2 days after your surgery for a dressing change and wound inspection. You will be asked to return five to seven days later for suture removal. After suture removal apply Vaseline or antibiotic ointment at least 4 times a day. Bruising can be camouflaged with makeup after one week. Most of the swelling should resolve over the first 2 weeks but complete resolution may take 4 weeks. Always protect your face from the sun by wearing a hat and sunglasses. Following surgery, our staff will tell you when it is OK to apply sunscreen, cosmetics and facial creams. Avoid unprotected prolonged sun exposure for three months following a Forehead lift to prevent pigmentation of incision lines.

After surgery it is best to rest for the entire day. Sleep with the head of your bed elevated or use two to three pillows for one week after surgery. You should do nothing that involves excessive bending, lifting or straining. If you have small

children, bend at the knees or sit on the floor and let them climb on to your lap. Do not drive for one week following surgery. One to two weeks off work is recommended.

Advance your diet from liquids to soft foods to your regular diet as tolerated.

Medications: Dr Chow will prescribe pain relief to be used as directed. Most patients complain of discomfort rather than pain. Do not take additional pain relievers other than what Dr Chow suggests or prescribes and start any antibiotics when you get home.

You can take painkillers such as Panadol / Paracetamol, Panadiene Forte, Tramadol or Oxycodone and antibiotic. Avoid Aspirin, Aspirin-containing products, Plavix and non-steroidal anti-inflammatories (such as Ibuprofen) for two weeks following your surgery. If you are on any medications that affect bleeding (such as Warfarin) please notify Dr Chow. Take Vitamin C (ascorbic acid) which helps promote healing, for two weeks following surgery. Take Arnica, a natural herb that significantly decreases bruising for one week following surgery.

Please Remember. Following a Browlift, it takes time for the swelling to subside and for the skin to heal. Most patients return to work between one and two weeks after surgery. Swelling, bruising and disrupted sleep are very normal postoperative symptoms and will decrease as the healing process occurs. Assistance with daily activities during the first two to three days after surgery is strongly recommended.

Final results following a Browlift are not fully apparent for 6/12 months following surgery. We recommend that you have follow up appointments for at least one year for assessment and postoperative photographs.

Please Inform Dr Chow's office or the hospital where the procedure was performed if you have the following:

- High fever, chills or a temperature of more than 38 degrees
- Heavy bleeding from the wound
- Severe pain or tenderness
- Visual loss
- Significant redness, or discharge around the incision
- Significant swelling

If you have any concerns you can contact Dr Chow's office. Remember, we

are all here to give you the best possible care.

Risks of Surgery Modern surgery is safe but does have risks. Complications can occur despite the highest standards and world's best practice principles used by Dr Chow. It is not possible to list all the risks but you should be informed of the common side effects and benefits so that you can make an informed consent. Dr Chow will discuss these in greater detail at consultation. You should write down any particular questions or specific concerns.

The potential risks are

General risk of surgery

- Wound infection – may require antibiotics
- Bleeding, blood clots, bruising
- Pain and discomfort
- Chest infection
- Sore throat from the breathing tube
- Scars that become raised (hypertrophic or keloid)

Specific Risks

- Altered or loss of sensation of the forehead or scalp, which may last for a few to 18 months. Rarely permanent.
- Itchiness in area of numbness.