

## AFTER THE SURGERY

After the surgery it is important to rest and minimize activity, with no lifting, driving, or heavy activities for a week or so.

There is always some bruising and swelling after the surgery, however resting quietly helps minimise this. After a few days you can wear makeup to help conceal the bruising. You will have some numbness and tightness, which gradually disappears over a few weeks. The scars from the surgery fade with time and are rarely noticeable.

Most patients may drive again and return to work within a week after the surgery, but heavy activities and sport should not be undertaken for a few weeks.

### SUMMARY

Browlift surgery “turns back the clock”, improving the visible signs of upper facial ageing by returning the eyebrows to a higher position and reducing lines on the forehead, making you look fresher, more youthful and relaxed, and helping you feel more self-confident.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.

North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of the latest skin care, lasers and aesthetic treatments.

## PRACTICE LOCATIONS

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North Shore  Cosmetic Surgery

A patient guide  
to understanding

## Browlifts

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## INTRODUCTION

With ageing the position of the eyebrows gradually become lower, and lines develop between the eyebrows and on the forehead from muscle movement. Drooping eyebrows can also contribute to excess skin developing on the eyelids, which often makes people look tired.

Browlift surgery “turns back the clock”, improving the visible signs of ageing by returning the eyebrows to a higher position and reducing lines on the forehead, resulting in a fresher and more youthful and relaxed look.

Browlifts are often combined with other procedures such as blepharoplasty (upper or lower eyelid surgery to remove excess skin or fat), midface lift to rejuvenate the upper part of the face and around the eyes, or lower face & necklift.

If you only have a small amount of loose skin, or if you do not wish to have surgery, there are other non-surgical options such as suture lifts or Titan™ non-ablative laser skin tightening which can improve areas of concern. The effect of these however, is not as good or as long-lasting as surgery.

Many people also benefit from facial skin rejuvenation with non-surgical treatments such as chemical peels, IPL (intense pulse light) or Fraxel® laser resurfacing, which improve the texture and appearance of the skin.

## PREOPERATIVE ASSESSMENT

As in all cosmetic surgery, it is important for you to tell your surgeon the specific areas that concern you. It is important to discuss with your surgeon any pre-existing medical conditions which you may have, as well as any problems with previous operations or anaesthetics, and if you have a history of bad scarring.

Your surgeon will discuss the operation with you, show you photos of other patients who have had the procedure, and will give you written information about the operation. Both the expected result as well as the risks of the operation will be explained.

## PREPARING FOR THE SURGERY

If you smoke it is important to stop smoking at least a few weeks before the surgery – smoking significantly increases the chance of healing problems after the surgery.

Aspirin, anti-inflammatory medications eg Nurofen, and some vitamins and herbal medications can cause increased bleeding and these also need to be stopped 10 days before the surgery.



## THE SURGERY

Browlift surgery is performed under a general anaesthetic, with the operation taking about one and a half hours, and most patients go home the same day.

Many browlifts are now performed endoscopically, where a series of small incisions are used, rather than the longer incision traditionally used in an ‘open’ browlift.

A tiny telescope allows the operation to be performed through the small incisions. The brow is lifted into a higher position, and the muscles which cause lines on the forehead and between the eyebrows are weakened.

Scars are hidden well back within the hairline on the top of the scalp and temples and are not visible.

An open browlift (which involves longer scars) is still the best option if the desired amount of brow elevation is a large amount or if forehead lines are very deep, as this produces a better result.

