



## **Introduction**

Any plastic surgery operation is a very personal choice and understandably there are a number of questions that naturally arise. This brochure has been produced by the Institute of Cosmetic & Reconstructive Surgery as a helpful introduction if you are considering surgery.

The brow lift procedure is an excellent operation for rejuvenation of the upper third of the face. Formerly this required an incision across the top of the head from ear to ear and many patients found this intimidating. With the introduction of endoscopic surgery (keyhole surgery), we can now undertake the same operation through a series of very small incisions in the hair-bearing area of the scalp. We do not require to shave the scalp at all and the incisions are well concealed.

The use of an endoscopic camera allows a safe dissection of the forehead skin, which is elevated off the underlying bone and the eyebrows are re-positioned. The pull is usually on the outer part of the brow and care is taken not to produce a surprised look. You may feel in the first couple of weeks that the eyebrows are over-corrected but they always settle into a more natural position.

A further advantage of this operation is that the muscles at the root of the nose can be weakened and this overcomes the severe look that one gets with frowning which is part of the ageing process. Also dissection can be carried down onto the nose to lift the drooping tip that also occurs with ageing.

The new position of the eyebrows and forehead obviously has to be held in place until the wounds heal. At the present time I place a very small titanium screw back in the scalp area to allow fixation (it sounds awful, but it does not show and is easily removed at 12 days). Other surgeons use glue, which as its disadvantages and others use nothing at all.

This operation done endoscopically can be carried out as a day case alone or combined with eyelid surgery for an overall total effect on the upper third of the face. It can also be combined with routine face lifting procedures, or as part of an endoscopic face lift.

There are few complications. Occasionally the hair can thin around the incisions but this will always grow back to its normal thickness after three months. Occasionally temporary numbness in the forehead can occur, radiating back in to the scalp, but this resolves usually within a period of four months. Bruising obviously can occur and of course this is difficult to distinguish from that of eyelid surgery if this is also undertaken. It always resolves quickly and there is usually little to see after two weeks. Bruising can

be disguised by cosmetic camouflage and you can get Medical advice from the Medical Aesthetician attached to our practice.

Endoscopic face lift is a new procedure which involves an endoscopic brow lift and lifting of the middle third of the face through a lower eyelid incision. This avoids any incisions in front or behind the ears, but sometimes we do have to make incisions inside the mouth. You will notice after this type of operation that there may be a change to the outer angle of the lower eyelid and the shape of the lower eyelids is altered at first but this is temporary. Postoperative swelling, depending upon the extent of the dissection takes longer to subside and the full effect of this operation is sometimes not evident for three to six months. There are no studies on the long-term results of this operation, but at the present time it does appear that for the younger patient who wishes to have a more subtle change this is an extremely good procedure. The endoscopic face lift is not suitable for the older patient with excess skin particularly in the neck or where there are prominent jowls.

Increasingly endoscopic brow lifting is combined at the same time with carbon dioxide laser resurfacing of the skin of the forehead to improve the transverse creases. The hospital and operating theatres have the latest equipment for endoscopic surgery as well as lasers, allowing us to undertake your surgery safely.

### **Pre operative care**

You should not take any Aspirin or medication containing Aspirin for at least two weeks before surgery. You may colour or bleach your hair up to, but no later than, one day before surgery and should use no further colouring until approximately 3 weeks after surgery. If you smoke, cut down one week before surgery and stop smoking completely three days before to reduce postoperative complications. Smoking and the drinking of spirits adversely affect bruising and for this reason it is also well worth taking for at least two weeks before undergoing surgery a 1gm tablet of vitamin 'C' twice daily and Arnica for one week before and after surgery.

If you are having surgery in the morning you should have nothing to eat or drink from midnight the night before and do not put cream or any make-up on the face in the morning. If your operation is in the afternoon then you should have nothing to eat or drink from 7am. You should bring, apart from your normal night attire and personal effects, a large scarf and sunglasses to wear after the operation and arrange for someone to drive you to and from the hospital.

### **Post operative care**

When you wake up from surgery you will have no bandages on your face, other than light pads over your eyes which are merely there to stop you blinking. If you feel threatened by these then please ask the nurse to remove them. After surgery cold compresses of saline or extra virgin olive oil will be applied to reduce the swelling and it is better to sleep sitting up with your head and shoulders resting on at least four pillows. You will be

discharge from hospital either the same day if surgery is being done as a day case or on the following day, depending upon your recovery and what other procedures are done. In general no support bandages are required and I do not use any drains. You should arrange for someone to stay with you at home for the first night as bed rest should be continued at home. I suggest you have a bottle of extra virgin olive oil in the fridge to continue cold compresses.

Any fine sutures in the eyelid will be removed four days after surgery and any sutures or clips in the scalp, including the screws, will be removed at approximately ten days after surgery when you will be fully healed. It is important during this period to try and sleep sitting up supported on pillows. Hair can be washed at home 48 hours after surgery, but care must be taken to dry the hair thoroughly.

Avoid sport and strenuous activity for four weeks and avoid prolonged exposure to the sun and heat for three months. Give yourself plenty of rest and do not talk too much about the operation until you are fully recovered and feel confident about your improved appearance. In the early days it is best to have one or two close friends in whom to confide.

## **Long Term Results**

Complications from endoscopic brow lift are fortunately rare. There can be thinning of the hair around the incisions that are made in the scalp. Usually the hair thickens within three months, Very; very occasionally these scars require correction, which is a simple small procedure under local anesthetic.

It is normal for the forehead to be stiff for a couple of weeks due to swelling and for there to be reduced feeling in the forehead skin for about four months when it returns to normal. Very occasionally small nerves in the muscle at the bridge of the nose are damaged. This can result in discomfort in the central part of the forehead when you bend over.

The transverse creases of the forehead are not greatly improved by this operation and are better treated by resurfacing the skin with a carbon dioxide laser peel.

Depending on whether we do upper eyelid surgery at the time as your brow lift, we may need to excise excess skin in your upper eyelid at a later stage when your eyebrows have established themselves in their new position.

If there are any problems or anxieties post-operatively, please get in touch with the HealthXchange Clinic on 01481 736699 or out of office hours Dr J G Curran home 01481 265797 or mobile 07781 165797.