

FREQUENTLY ASKED QUESTIONS - BROW LIFT

1. What is a Brow Lift operation?

A Brow Lift, or Forehead Lift, is the procedure to reduce the "angry" or "tired" look of the brows by excising a bit of skin and resituating or lifting the muscles and suturing them higher as well. There are several techniques of achieving the 'lifting of the brows' depending on your needs and the skin and muscle laxity of your forehead.

2. What is the right age for a Brow Lift operation?

A Brow lift is usually performed during the late 20's and upwards. There are endoscopic techniques which do not give a more intensive lift that older patients may need and of course the other techniques, such as the coronal, may be a great option for those who do need extensive lifting.

3. What do I expect in a Brow Lift consultation?

Dr. Gahankari will go over your expectations that you may have about rejuvenating your forehead and face. He will also explain the available options to you after conducting the detailed examination and he may suggest one that he considers the most appropriate for your individual case. He will also discuss the risks and complications as well as anesthesia choices. This is the time where you can ask questions regarding your concerns and determine if this procedure is for you. Please do not hesitate to inquire about anything.

4. How is Brow Lift performed?

Dr. Gahankari will make some markings before you are anaesthetised. After you are anaesthetised or sedated, depending on the technique chosen, he will proceed with the dissection of your forehead area. Some of the muscles in your forehead – causing angry expressions will be dissected and transected. Some skin may be excised and brows lifted. Sometimes, he may use dissolvable or permanent screws to place sutures to maintain the brow lift achieved during the procedure. After the internal work has been done your incisions will be sutured and a pressure dressing will be applied.

5. What is the usual pre-operative preparation and post-operative course?

Dr Gahankari also would like you to quit smoking at least three weeks before surgery and abstain from the same for at least two to three weeks after the surgery.

If you are on aspirin or similar blood thinning medications, Dr. Gahankari may ask you to stop them for appropriate duration before the surgery if it is medically permissible. You are encouraged to inquire with your GP or the Cardiologist about safety of stopping these medications.

Post-operatively, expect to be swollen, tender and possibly bruised. This is very normal so do not be alarmed at the presence of any of the above. If you are in pain, take your prescribed medications and do not forget to take your antibiotics. In case of any concerns please contact staff of Advanced Aesthetix or Dr Gahankari.

6. When will the stitches be removed and will this hurt?

The sutures and/or staples will be removed in a week to 10 days. It may hurt a little but your surgeon can give you injections of pain reliever in case your staples are difficult or painful to remove. It is a good idea to have your pain medication just before you visit us.

7. When will I be able to see the results?

The results are immediate but you will be swollen, remember to be patient during the healing period and the full results should be visible in a few months. Any numbness along the incisions should subside within 6 months, but may remain indefinitely in some patients. Remember that as each day goes on you will be that much closer to your final result - so it pays to be patient.

8. What are the risks of Brow Lift?

There is a chance of haematoma (blood clots), numbness from nerve damage and

hyper pigmentation (permanent discolorations) caused by the bruising. There may be asymmetry and/or undesired results resulting from your brow-lift. Possible infections may arise and scarring can be apparent depending on the incision placement. There can be necrosis of the tissues at the incision lines, resulting in additional tissue removal. The frontal branch of the facial nerve that enables us to raise our forehead is located just above our brows. Although every effort will be made during surgery to not damage it, simple bruising of the nerve can also make it temporarily paralysed. This is a recognised complication of the brow lift operation.

9. Are the results of brow lift surgery permanent?

We are going to continue to age and our brows will droop - it is a fact of life, unfortunately. You may say that the results are semi-permanent. Of course the endoscopic techniques may not last nearly as long as the coronal lift but they are by far less invasive.