GOLD COAST
Plastic Surgery



ULTIMATE GUIDE TO BROW LIFT SURGERY

(07) 5598 0988
www.goldcoastplasticsurgery.com.au

WHAT IS INVOLVED IN BROW LIFT SURGERY?

The forehead can be one of the first places to show signs of ageing. As a person ages they begin to lose elasticity in their skin, and the muscle and fat begins to lose its tone. This may result in an appearance of being old, tired, sad, or angry.

The brow lift, also referred to as forehead lift, is a surgical procedure designed to reposition a low or sagging brow.

WHAT IS A ENDOSCOPIC BROW LIFT?

An endoscopic brow lift technique is a less invasive alternative to the more traditional open brow lift. This technique is often preferred for younger patients who suffer from mild drooping and wrinkling in the brow area. During an endoscopic brow lift, Dr Mark Doyle accesses the brow area through several small incisions in the scalp with a thin flexible scope. The attached light and video camera allows him to see and work on the various internal structures of the forehead and brow to help create a more youthful looking appearance to the upper face.

REASONS FOR CHOOSING TO UNDERGO A BROW LIFT

Stress, sun exposure and gravity are all contributing factors to sagging skin that has lost its elasticity, resulting in wrinkles and lines. The wrinkles in this area are often called frown lines because they make you look like you're frowning when you're not. Frown lines can make you look tired, sad or angry. Frown lines may occur if the brow is low and the there is more skin in the upper eyelids. Subconsciously the muscles on the brow work to lift the upper eyelid so it is easier to see. This results in horizontal lines on the brow that are improved with brow lift surgery.

You may also develop creases in the space between your eyebrows, which can make you look angry or grumpy. A brow lift can help refresh your face and give you a more youthful look. It can also re position existing expression lines.

BROW LIFT CONSIDERATIONS

While skin on the brows can be tightened by a brow lift, the texture of the skin will not be changed. If you have sun damage, wrinkles in your lower face, irregularities in skin colour, acne scars, and/or age spots, you may want to also consider skin- resurfacing procedures in combination with a brow lift to improve the skin.

DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.

AM I A GOOD CANDIDATE?

The following conditions could indicate that a brow lift surgery is right for you:

- Low or sagging forehead (a sad or tired appearance)
- Deep horizontal creases across the forehead
- Frown lines, or furrows, between the eyebrows
- Other signs of aging in the brow region
- Sagging upper eyelid skin

A brow lift can be performed in conjunction with other facial cosmetic procedures, such as eyelid surgery or a face lift to give a more balanced, natural rejuvenation.

BEFORE SURGERY RECOMMENDATIONS



Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.

Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery
- Any bad scarring or poorly healed scars after previous surgeries

WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you will most likely:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery

WHAT HAPPENS DURING THE SURGERY?

A brow lift procedure typically lasts two hours. Small incisions are made behind the hairline in the scalp. This give Dr Doyle the ability to insert a small telescope and micro instruments under the forehead skin to mobilise and lift the brow. The incisions are then closed and hidden in the hairline. Often this surgery can be combined with blepharoplasty to enhance the patients overall aesthetic look.

RECOVERY FROM A BROWLIFT

Many women prefer a day stay in the hospital but can be overnight. When you wake from surgery, your forehead will be wrapped firmly in bandages that provide gentle pressure to minimise swelling and bruising. Bandages will usually be removed the following day, and stitches are removed ten days following the surgery. Once the dressings are removed, puffiness and discolouration may be more pronounced in some portions of the forehead than others. Any unevenness and temporary asymmetry associated with swelling and bruising is normal. The majority of swelling usually occurs in the first 24 to 48 hours and might distort your upper facial features or stiffen your brow movements. Dr Doyle commonly uses 2 small screws that are inserted through the scalp skin into the bone of the scalp to support the brow position whilst healing occurs. These are not painful and are removed withe stitches ten days following the surgery.

Straining, bending, and lifting should be avoided during the early post-operative period to reduce exposing your incisions to excessive pressure or motion. This includes heavy work, aerobics, running or weight lifting, and sex for at least two to three weeks. Walking and mild stretching are fine. Additionally, do not wear clothing that needs to be placed over your head. Generally, scars from the incisions for an endoscopic browlift are hidden within your hair.

Keeping your head elevated is helpful in reducing the initial post-operative swelling. You can expect most of the bruising and swelling to subside after two weeks. You may also experience numbness to the brow and/or forehead, which usually resolves itself within several months.

It is required that the postoperative garment is worn for the first 6 weeks after surgery, Most women can return to work within 1 to 2 weeks but should avoid strenuous activities and exercise for 6 weeks.

IMPORTANT REMINDER

It is important to remeber that each surgical journey is different from the next and each individual's results and procedure may vary.

WHAT RISKS MAY BE INVOLVED?

Each year thousands of women and men undergo successful brow lift procedures, experience no major problems and are happy with the results. Significant complications from a brow lift are infrequent. However, make sure you understand what surgery involves, including possible risks, complications and follow-up care. A brow lift poses various risks, including:

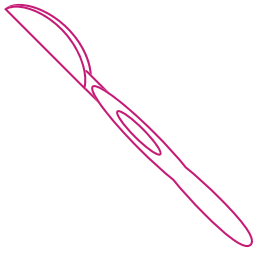
- Excess scarring
- Facial asymmetry
- Temporary or permanent hair loss near the incision
- An accumulation of blood under the skin (hematoma)
- Changes in skin sensation in your brow and/or forehead area for several months or be permanent.
- The need for revision surgery to correct rare complications of the brow lift surgery. Like any major surgery, a brow lift poses a risk of bleeding, infection and an adverse reaction to anaesthesia.

It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure You can help minimise certain risks by following the advice and instructions of Dr Doyle, both before and after your brow lift surgery.

If you have any concerns about the risks involved with a brow lift surgery, please consult Dr Mark Doyle or the team at Gold Coast Plastic Surgery.

COMMON QUESTIONS

IS A BROW LIFT COVERED BY MEDICARE OR MY PRIVATE HEALTH FUND?



No, generally this procedure is not covered by medicare.

To find out if your procedure falls under the category of medically necessary you will need to contact Medicare. You will also need to provide details to your health fund to see if they will cover you and to what extent.

IS A BROW LIFT PAINFUL?

Most surgery involves discomfort during the healing stages. It can be difficult to predict the pain levels as each individual's pain and discomfort may vary.

WHEN CAN I RETURN TO WORK?

The time taken to recover before returning to work or daily activities often varies depending on each person and their role at work, Typically most people return to work 1-2 weeks after the initial surgery. It is recommended that no heavy lifting is done 6 weeks after surgery to ensure the body had time to heal.

HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive for the first 24hrs following your procedure. This is due to the decreased movement in your face and the inability to move freely. Most people return to driving within the first 2-3 days following their surgery.

WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgy. This is to ensure that the body can heal to the best of its ability as smoking decreases the oxygen that is carried throughout your blood to help your skin heal from a surgical incision.

WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. However, after 6 weeks post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the swelling and lower the risk of blood clots in your calves.

WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 4 to 6 weeks. It is recommended at strenuous exercise is restricted for 6 weeks as it may increase swelling, bleeding or duration to the body's natural healing process. These activities include weight lifting, push-ups and running.

HOW DO I SLEEP AFTER SURGERY?

It is recommended to reduce the swelling after surgery to sleep with your upper body slightly raised on 1 to 2 pillows for as long as swelling persists. Keeping your head elevated at least 45 degrees during rest is extremely helpful in reducing the initial post-operative swelling.

WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 4 weeks of surgery due to infection as your wounds are not completed healed.

HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

OUR SURGEON
DR. MARK DOYLE



Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS). Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 30 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.





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YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.

(07) 5598 0988

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