

Brow Lift
Angelique M Berens, MD

With aging, there tends to be a descent of muscle, fat and skin of the face. As the skin and muscles of the forehead begin to lose their strength, the eyebrows can become heavy, and begin to droop. This can result in a sad, tired or angry appearance. It can also contribute to wrinkling across the forehead and between the eyes. In some cases, drooping of the eyebrows can impair your peripheral vision as well.

Brow lift raises the eyebrows to reduce wrinkles of the forehead, give a more open appearance to the eye and/or improve peripheral vision. Brow lifts may be done in conjunction with other surgery such as blepharoplasty and facelift for overall facial rejuvenation. Restoring a natural more youthful appearance and decreasing and peripheral vision defects are the goals of surgery.

The brows can be lifted with novel/minimally invasive techniques using a small camera and specialized instruments to hide the incisions in the hairline. Depending on the size and shape of your forehead incisions along the hairline may produce a better result. During your consultation with Dr Berens you will design a custom surgery to obtain your goals.

Brow lifts take between two and four hours and can be done in the office or surgery center. You will need a driver to transport you home the same day and stay with you for the first 24 hours. Surgical drains may be left in for up to three days. A variety of surgical bandages may be used to decrease swelling and improve the surgical result. It is best to take two weeks off work, but you will often feel ready to go back after just one week. Bruising and swelling decreases after one week but can take up to three weeks to resolve.

BEFORE SURGERY

1. Only take Extra Strength Tylenol® for aches and pains, starting at least 10 days before surgery. It is very important NOT to use any aspirin, aspirin containing compounds or non-steroidal anti-inflammatories (i.e. ibuprofen, Motrin®, Advil®, Aleve®, Celebrex®, naproxen, etc.). These medications thin your blood and increase bleeding and bruising.
2. Do not take vitamin E supplements, fish oils, omega-3 supplements, or herbal supplements such as garlic, ginkgo, glucosamine or ginseng for at least 14days prior to surgery. These supplements may also increase the likelihood of bleeding and bruising. A prepackaged multivitamin product (such as One-A-Day® or Centrum®) is okay.
3. Please discuss use of any blood thinners (Coumadin®, warfarin, Plavix) with Dr. Berens. Blood thinners are usually held for several days before surgery.
4. Discuss any previous use of Accutane, radiation therapy above the shoulders, and/or immunosuppression (long term steroids, immunomodulators, HIV, chemotherapy) with Dr. Berens to help stratify your risk of poor wound healing.
5. Avoid alcoholic beverages the night before surgery.
6. Prescriptions may include antibiotics, pain medications, anti-nausea medication and/or medicated ointment to put on the incisions. It is helpful to bring your prescriptions with you the day of the procedure so Dr Berens can explain how to use them appropriately.

7. Drinking one glass of pineapple or blueberry juice each day for two weeks before surgery may help to decrease bruising. You can also purchase arnica tablets and/or creams for bruising.
8. Smoking impairs wound healing. Stop smoking 4 weeks before and after surgery. Use of nicotine substitutes (patches/gum/vape) should be avoided because the nicotine causes narrowing of the small blood vessels responsible for wound healing.
9. Do not wear makeup or hair products the day of your procedure.
10. If you wear contact lenses, do not wear them the day of surgery- wear your glasses instead. Most patients wait several days after surgery to resume contact lens use due to the swelling.
11. If you color or dye your hair, you should do this immediately before surgery, since you will not be able to color your hair again until one month after surgery.
12. Wash your hair with antibacterial soap (hibicleanse) the night before surgery.

DURING SURGERY

You will come into the surgery center or the office the day of your surgery, depending on what procedure you are having done. Please arrive to the office 15 minutes early to complete consents, photos and paperwork. Be sure to wear loose and comfortable clothes. If you have surgery in the office, you will be able to go home immediately, but will need someone to drive you home. If you elect to have surgery at the surgery center, you can usually go home approximately one to two hours after your surgery is completed. You will need an adult (over 18) to drive you home and stay with you for the first night. When you wake up from surgery you will have ice cold gauze over your eyes to prevent swelling.

AFTER THE SURGERY

1. You may go home with a tight bandage around your forehead. You may also have a surgical drain. This drain should be emptied every 8 hours or when full. The amount emptied should be written down. Call the office if over 100cc is emptied in a 24-hour period.
2. Ice the surgical area for the first 48 hours after surgery to reduce swelling, bruising and pain. Attempt icing 20 minutes on and 20 minutes off while awake.
3. Pain will be well controlled with Tylenol and ibuprofen. Each medication should be taken every 6 hours and alternated so that you are taking pain medication every three hours. Maximum dose is 4000mg Tylenol in 24hours and 2400mg ibuprofen in 24 hours. Narcotic pain medication may be needed for the first couple of days. Be sure to take a stool softener while taking narcotics.
4. You may restart your aspirin, fish oil and any other medications you stopped prior to surgery, the day after your procedure.
5. Keep your head above your heart and avoid strenuous activity for the first 1-2 weeks. Sleep with your head elevated for the first 3 days.
6. If you have a large bandage on your head after surgery, it can be removed after 24 hours. You then always wear the elastic bandage except when showering.
7. Do not exercise, do any heavy lifting or bending over for the first week.
8. You may shower after the initial bandage is removed or 24 hours after surgery. Use only gentle baby shampoo and do not scrub over surgical areas. After you shower, use your antibiotic ointment over the stitches, and replace the elastic bandage immediately.

9. Apply antibiotic ointment (Bacitracin, Polysporin or Neosporin) three times a day over all your sutures. After three days switch to Vaseline or Aquaphor until your suture are removed and there is no scabbing over your incisions.

Recovery Time Table

Day 1: Mild swelling, bruising and discomfort.

Day 2-3: Maximum bruising, swelling. Eyelids may swell shut. Surgical drain will be removed in office. Tightness of the forehead and brow.

Day 4: If eyes swelled shut, they should be open again.

Day 10: Post op visit for wound check and suture removal. Screw removal (if present).

Week 2-3: Brows may look excessively elevated.

Week 3: Post op visit.

Month 3: Post op visit

Month 6: Post op visit. Final brow position.

Month 12: Post op visit.

Call for the following:

Questions, concerns.

Significant increase in pain or swelling

Temperature over 100 degrees, unusual bleeding or purulent drainage

Change in vision

During business hours please call the office at (360) 454-1941. After hours a doctor can be reached at (425) 258-9000.

If you cannot reach our office for any reason present to the emergency department for evaluation of any life or vision threatening concerns.

RISKS

Asymmetry: Brows are rarely symmetric before brow lift and asymmetries can be noticed after brow lift. Additional surgery may be needed to improve asymmetries.

Blurry Vision: Swelling and lubricants can lead to blurred vision for several days.

Visible Scars: All surgery leaves scars. Every effort is made to minimize the appearance of scars. Please discuss any history of keloids with your surgeon.

Bleeding: Small amount of bleeding from the incision area can happen for the first 24 hours after surgery. Place pressure over the bleeding area to help stop bleeding.

Infection: May require further surgery and/or antibiotic treatment. Risk is increased in diabetics and those are immunocompromised.

Delayed Healing: The surgical wound can heal slowly for a variety of reasons from diabetes to smoking. This may require additional wound care.

Alopecia: Loss of hair from damage to the hair follicles. The hair often regrows in several months, but this can be a permanent complication.

Nerve Damage: The temporal branch of the facial nerve controls eye closure and the ability to raise the eyebrow. Damage results in loss of these functions. The nerve that provides sensation

of touch to the forehead and scalp can be damage resulting in numbness. The symptoms may last for several months and can be permanent in rare situations.

Skin discoloration / Swelling: Bruising and swelling are parts of the normal postoperative healing period. Rarely, the swelling and discoloration may be prolonged or permanent.

Poor Cosmetic Result: Dr. Berens will make every effort to give you an excellent result. An unfavorable cosmetic result is most commonly due to poor communication between you and Dr. Berens about the desired result or limitations of the surgery.

ADDITIONAL ADVISORIES

Long-Term Results - There are many variable conditions that may influence the long-term result of surgery. Subsequent alterations in the appearance of your body may occur as the result of aging, sun exposure, weight loss, weight gain, hormonal changes or other circumstances not related to your surgery. Surgery does not arrest the aging process or produce permanent tightening of the eyelid region. Future surgery or other treatments may be necessary to maintain the results of a blepharoplasty.

Female Patient Information - It is important to inform your plastic surgeon if you use birth control pills, estrogen replacement, or if you suspect you may be pregnant. Many medications including antibiotics may neutralize the preventive effect of birth control pills, allowing for conception and pregnancy.

Mental Health and Elective Surgery - It is important that all patients seeking to undergo elective surgery have realistic expectations that focus on improvement rather than perfection.

Complications or less than satisfactory results are sometimes unavoidable, may require additional surgery, and often are stressful. Please openly discuss with your surgeon, prior to surgery, any history that you may have of significant emotional depression or mental health issues. Although many individuals may benefit psychologically from the results of elective surgery, effects on mental health cannot be accurately predicted.

Part of Being Well is Being Heard

Do you have an experience, feedback or advice that you would like to share with me or with other patients? Consider sharing your feedback on the following platforms:

[Google.com/maps](https://www.google.com/maps)

Search: Angelique Berens

Scroll to the very bottom on the left and click "write a review"

These reviews will help patients who use google to learn more about their physician. It is helpful to use the name of your procedure in the review.

Everett Clinic Feedback Surveys

Help us understand what works well so that we can improve the experience for the next patient

We share comments left in the provider section online on [everettclinic.com](https://www.everettclinic.com) for our providers profiles.

[EverettClinic.com/give-us-your-feedback](https://www.EverettClinic.com/give-us-your-feedback)

[Realself.com/review/write](https://www.Realself.com/review/write)

This Seattle based website ensures reviews and physicians are verified. They do request some information from you, but they never share your information

Treatment: Browlift

Provider: Angelique M Berens, MD

