

Browlift Information Sheet

PROCEDURE

A browlift elevates the brow position from the upper orbital rim (eyebrow area) and extends into the hairline. Incisions can either be made along the front hairline (anterior approach), or from ear to ear in the hairline (coronal approach). A browlift can improve ptosis (drooping of the brow) and is often done with blepharoplasties (eyelid surgery), or as part of a facelift. Frown lines and forehead lines can also be reduced with a browlift.

PRE-OPERATIVE

Prior to booking surgery, you will need to decide who your support person will be. It is important that they are aware of the type of surgery you are having, that they are not “squeamish”, and that they are available solely to you during your immediate recovery period (they should not have any other commitments). At the minimum, you cannot be left alone for the first 24 hours after surgery, and you should have someone available to help you for about 3-5 days with regular daily activities, such as making meals, running errands, walking the dog, etc. You will likely need assistance with your first hair wash and managing incision care. We advise against driving until after you are seen in office postoperatively, as you cannot drive while taking pain medication. In addition, you may find your vision is affected if you have also had eyelid surgery, or are experiencing post-operative swelling. It is therefore recommended you have your support person drive you to your post-operative appointment(s).

After you have paid a deposit and a surgical date has been confirmed, you will receive more specific information and a review of what you are required to complete before surgery. Once you have booked your date, please ensure you have the following supplies on hand:

- Q-tips
- Stool softener (i.e. Colace or Senokot), as pain medication may cause constipation
- Tylenol Extra Strength
- Ibuprofen 400 mg

Dr. Robinson may request that you have a Botox treatment prior to surgery to help complement the procedure. This should be completed about two weeks prior to surgery, and ideally be scheduled when you book your surgery to ensure proper timing.

DAY OF SURGERY

A browlift can be done under either general or monitored anesthetic so you will be advised to fast after midnight the night before. You must be discharged from the clinic with a responsible adult (preferably the person who will be helping care for you after surgery). You will have a dressing around your head, covering your incision, so you may wish to bring a head scarf. A prescription for pain medication will be provided if needed. Arrival time for surgery will not be provided to you until about 1-2 weeks prior, so it is important that both you and your support person do not have any other responsibilities that day.

POST-OPERATIVE & LONG-TERM FOLLOW-UP

Apply cool compresses to eyes and forehead as tolerated for the first 72 hours to minimize swelling. You may remove the head dressing 48 hours after surgery and shower. Shampoo can be used 72 hours post-op. Expect minimal discomfort, swelling, and bruising for 1-2 weeks. Sutures/staples will be removed approximately 10 days post-op in the office by one of our nurses.

You must refrain from strenuous physical activity, heavy lifting, and any activities where your head is below your heart, for about 4-6 weeks after surgery. Most patients begin reincorporating their regular physical activities around four weeks and slowly work up to their preoperative activity level (typically around six weeks or so).

If you wish to maintain the results from your Botox treatment, it is recommended to re-treat the area every 3-4 months.

As with any surgery, results cannot be guaranteed. The goal of cosmetic plastic surgery is improvement, and perfection is not attainable. Final results depend on many factors and healing can vary from patient to patient. It is important to remember to have patience during convalescence to allow your body time to recuperate and settle.

Dr. Robinson will see you approximately 6 weeks post-op and again at 4–6 months after your surgery to assess your result and take photographs. If revisions are required, they would be discussed, and a surgical plan set up at this time.