

BROWLIFT SURGERY

Patient information to assist informed consent

Drooping of the eyebrows, deep wrinkles in the forehead and crow's feet are common signs of ageing. Sagging or "ptosis" of the eyebrows also contributes to sagging of the upper eyelids. This results in an aged, tired, angry or sad appearance.

Upper eyelids can sag so much that they interfere with vision. When the brow sags too much and vision is affected by sagging upper eyelids, wrinkles in the forehead often deepen because the person raises the eyebrows to improve vision.

Browlift surgery, also called a forehead lift, may:

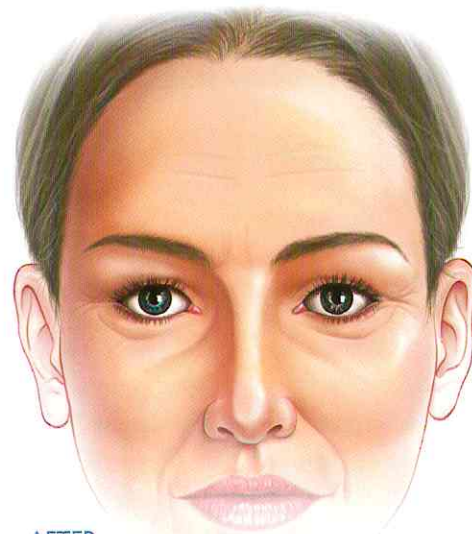
- elevate the brow into a preferred position
- smooth out forehead wrinkles
- lessen frown lines that develop between the eyes, near the nose
- correct asymmetry of the eyebrows.

To achieve the best outcome for some patients, the surgeon may recommend that the browlift and an upper eyelid reduction be done at the same time. Browlift surgery may also be combined with facelift surgery. A browlift may be suitable for people who have had previous browlift or eyelid surgery.

Patient education pamphlets on facelift surgery and eyelid reduction surgery are available from your surgeon.



BEFORE



AFTER

Drooping of the eyebrows, crow's feet and deep wrinkles in the forehead can contribute to an aged, tired appearance. Browlift surgery can be an effective treatment.

To see how a browlift may improve your appearance

Look in a mirror and put your palms above your eyebrows at the side of your forehead. Pull the skin up gently so that the eyebrows and forehead are raised slightly. Wrinkles in the forehead, around the nose and crow's feet area may become smoother.

This gives an indication of what browlift surgery may achieve. This is best done in the presence of, and in discussion with, your plastic surgeon.

The results of browlift surgery are usually long lasting but vary from person to person.

TALK TO YOUR PLASTIC SURGEON

This pamphlet is intended to provide you with general information. It is not a substitute for advice from your surgeon and does not contain all the known facts about browlift procedures or every possible side effect of the surgery.

It is important that you have enough information about browlift surgery to compare the benefits and risks of surgery. If you are not sure about the benefits, risks and limitations of treatment, terms used in this pamphlet, or anything else, ask your surgeon.

Read all of this pamphlet carefully, and save it. Technical terms are used that may require further explanation by your surgeon. Write down any questions you want to ask, and discuss them with your surgeon. Fully discuss with your surgeon:

- the result you want
- the surgery to be done
- the outcome to expect.

Use this pamphlet only in consultation with your surgeon.

IMPORTANT: Fill in all details on the sticker below.

Dear Surgeon: When you discuss this pamphlet with your patient, remove the sticker and put it on the patient's medical history or card. This will remind you and the patient that this pamphlet has been provided. Some doctors ask their patients to sign the sticker to confirm receipt of the pamphlet.

TREATMENT INFORMATION PAMPHLET

PEEL HERE

PROCEDURE: _____

PATIENT'S NAME: _____

DOCTOR'S NAME: _____

EDITION NUMBER: _____ DATE: DD / MM / YYYY

Your Surgeon

AUSTRALIA PLASTIC
SURGERY

THE DECISION TO HAVE BROWLIFT SURGERY

The decision whether to have a browlift should only be made after discussion with your plastic surgeon. The decision is always yours and should not be made in a rush. Make the decision only when you are satisfied with the information you have received and believe you are well informed about the procedure. You are encouraged to seek the opinion of another surgeon if you are uncertain about your surgeon's advice.

Realistic expectations: Decide what you hope to achieve from having a browlift,

and discuss it in detail with your surgeon. As everyone is different, not everyone will get the same results from a browlift.

When making a decision, keep in mind that your surgeon cannot guarantee that the surgery will meet all your expectations or that the surgery bears no risks.

Have realistic expectations about browlift surgery and what your surgeon may be able to achieve. The results of treatment may not be as good as your expectations. A browlift cannot halt the

ageing process.

Patients who are healthy and have realistic expectations about the outcome of surgery are suitable for a browlift. Browlift surgery is an "elective" procedure, meaning that it is a matter of personal choice and not needed for the maintenance of good health.

Consent form: If you decide to have a browlift, your surgeon will ask you to sign a consent form. Read it carefully. If you have any questions, ask your surgeon.

BEFORE SURGERY

Your surgeon needs to know your full medical history in order to plan the best possible treatment. It is important to tell your surgeon about any health problems you have had, as some may interfere with surgery, anaesthesia or care after surgery.

Give your surgeon a list of ALL the medicines you are taking, or have taken recently, including blood thinners such as warfarin, common medications such as aspirin, and any herbal or homeopathic remedies. Unless your surgeon advises otherwise, you will be able to continue taking most medicines.

Aspirin or medicines that contain aspirin (such as some cough syrups), large amounts of vitamins (especially vitamin E), or anti-inflammatory medicines can increase the risk of excessive bleeding during and after surgery. Your surgeon will advise you whether you should alter or stop your dose of aspirin.

Tell your surgeon if you have had:

- an allergy or bad reaction to anti-

biotics, anaesthetics or any other medicine

- prolonged bleeding or excessive bruising when injured
- any long-term or recent illnesses
- previous facial surgery
- a tendency to develop large scars following surgery
- psychological or psychiatric illness.

Avoid Botox®, dermal fillers and other related substances in the forehead or near the eyes for at least four months prior to surgery.

Stop smoking for two weeks before surgery because smoking increases the risks associated with surgery and anaesthesia, and impairs healing. It is best to quit.

If your hair is short, you may want to let it grow before surgery. Longer hair will help to hide the scars as they heal.

In order to detect problems that could complicate surgery or anaesthesia, blood tests or other examinations may be required. Your surgeon or anaesthetist will give you instructions about

preparing for any procedures or tests.

Browlift surgery can be undertaken in a day-procedure clinic. For some patients, admission to a hospital may be recommended.

Arrange for a relative or friend to drive you to and from the day-procedure clinic or hospital. Have someone stay with you for at least 24 hours after you return home.

ANAESTHESIA

Browlift surgery may be performed under general anaesthesia or local anaesthesia. If under a general anaesthetic, the patient will be asleep. If given a local anaesthetic, the patient often receives a sedative administered into a vein and is sleepy during the procedure.

If you are to have a general anaesthetic or conscious sedation, do not eat or drink for six hours before the surgery, nor drive for 24 hours after the procedure. Your surgeon will advise you about the anaesthesia best for you and will give you further directions.

Interpreter Service If you have trouble reading English, telephone the translating and interpreting service. Australia: Translating and Interpreting Service (T.I.S.) 13 14 50 (national number). New Zealand: Interpreting and Translation Services 09 276 0014 (Auckland).

ITALIAN Se avete difficoltà nel leggere in inglese, telefonate al servizio interpreti e traduttori. Australia: 13 14 50 Nuova Zelanda: 09 276 0014

GREEK Αν δυσκολεύεστε να διαβάσετε αγγλικά, τηλεφωνήστε στην υπηρεσία διερμηνέων μεταφραστών. Αυστραλία: 13 14 50 Νέα Ζηλανδία: 09 276 0014

MAORI Mehe raruraru ana koe ki te riiti i nga korero-pukapuka i roto i te reo Paakeha, me waea atu koe ki te tari kai whakamaori i nga kupu korero pukapuka me te reo, Te naama hei waea - tangaatu mou i Ahitereiria (Australia) ko: 13 14 50. Te naama waea i Aotearoa (New Zealand) ko: 09 276 0014.

SAMOAN Afai e faaletonu lau faitau i le Gagana Peretania, telefoni le tautua faaliliu ma faamatala upu. Ausetalia 13 14 50 Niu Sila 09 276 0014

TONGAN Kapau 'oku 'ikai ke mahino ho'o lau he lea fakapapalangi, telefoni ki he kautaha liliulea mo fakatonulea. 'Aositelelia: 13 14 50 Nu'usila: 09 276 0014

CHINESE 如果您閱讀英語有困難，請致電口筆譯服務處。澳大利亞：13 14 50 新西蘭：09 276 0014

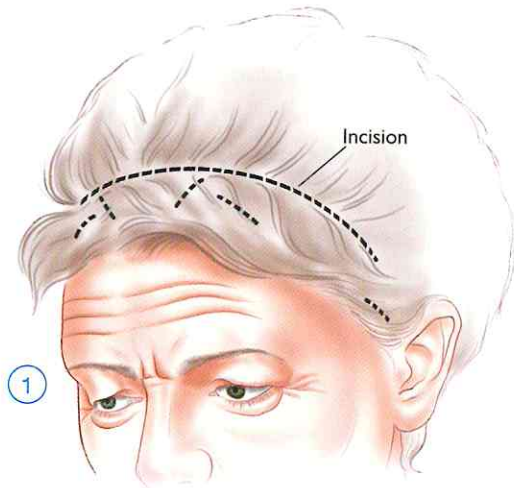
TURKISH İngilizce okumakta zorluk çekiyorsanız, tercümanlık servisini arayınız. Avustralya: 13 14 50 Yeni Zelanda: 09 276 0014

ARABIC إذا وجنتم صعوبة في قراءة الإنجليزية اتصلوا بخدمة الترجمة الخطية والشفوية على الرقم 13 14 50 في أستراليا و 0014 في نيوزيلندا

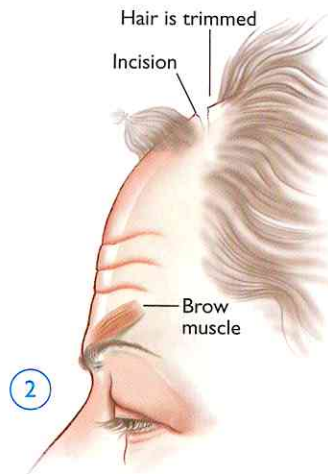
VIETNAMESE Nếu quý vị gặp khó khăn khi đọc tiếng Anh, điện thoại cho dịch vụ thông ngôn và phiên dịch. Tại Úc: 13 14 50 tại Tân Tây Lan: 09 276 0014.

BROWLIFT SURGERY

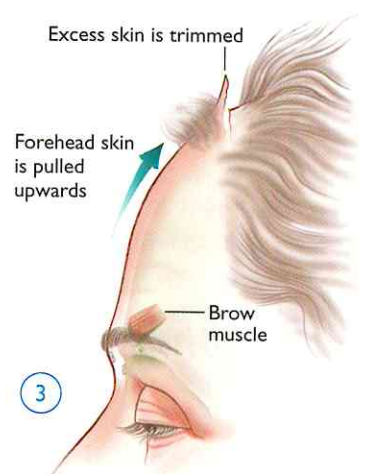
Browlift surgery can be performed in several ways, depending on factors such as the position of your hairline and eyebrows. A small strip of hair may be shaved along the incision line.



An incision is made behind the hairline across the top of the head, from temple to temple.



Excess tissue under the skin may be removed, and small muscles that help to create wrinkles in the forehead are weakened or removed.



The skin of the forehead is pulled upwards, and at the point of incision, excess skin is trimmed.

OPEN BROWLIFT

The open browlift procedure is effective in reducing very deep wrinkles in the forehead and between the eyes, above the nose.

An incision is made behind the hairline across the top of the head, from temple to temple, as shown in the illustration.

In patients with receding or high hairlines, the incision may be made at the hairline. This will help to prevent

the hairline from raising further due to the surgery. In bald patients, a mid-scalp incision may be recommended so that the scar lies in the natural contours of the skull bones.

Excess tissue under the skin may be removed, and small muscles that create wrinkles in the forehead are weakened or removed, as necessary.

The surgeon elevates the eyebrows and then fixes them into a higher position using sutures under the skin.

The skin of the forehead is pulled upwards, and excess skin is trimmed. This tightens the forehead skin. The incision is closed with stitches or metal clips.

Gauze may be placed over the closed incision, and an elastic bandage may be wrapped over the treated area to reduce swelling, according to the surgeon's preferences. For some patients, no gauze or bandage is used. Surgery typically takes between one and two hours.

ENDOSCOPIC BROWLIFT

Three to five short incisions (each between one to two centimetres long) are made above the hairline. An "endoscope" (a thin instrument with a tiny video camera) is passed through an incision and positioned near the brow. Using an instrument inserted through another incision, the forehead skin is released from the underlying bone and lifted upwards. Sutures are then placed under the skin to lift the brow.

To help fix the eyebrows into place, some surgeons use temporary small screws, which are placed behind the hairline. These are usually removed about two weeks following surgery. Other surgeons may use dissolving screws, or devices that can be left under the skin.

Using the endoscope, very fine

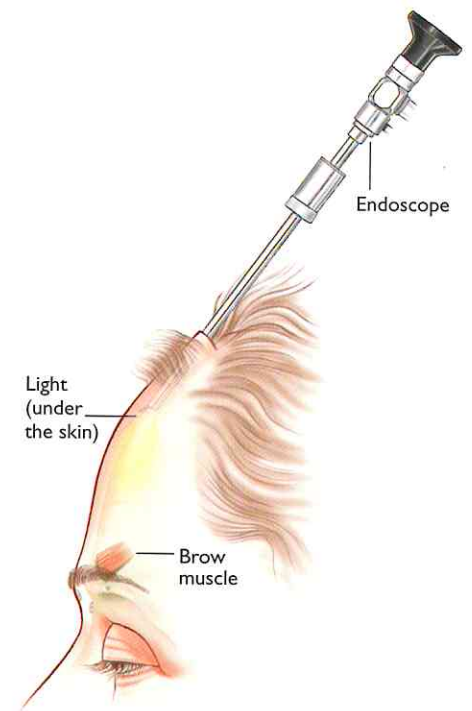
adjustment of the "frown muscles" is possible and assists correction. The idea is to lessen the frown but not totally eradicate it, which would leave an expressionless face.

As the forehead skin is not trimmed during an endoscopic procedure, the hairline stays at about the same level.

Elastic bandages may be placed over the treated area for up to two weeks to assist the sutures in holding the brow's new position.

Conversion to an open browlift

In some difficult cases, the surgeon may have to finish the procedure using the open approach. This is done in the best interests of the patient and should not be regarded as a complication of the endoscopic procedure. This is not common. If a traditional browlift is performed, the scar will be longer, as described.



After the endoscope is passed through an incision and under the skin, sutures are placed to hold the brow in its new position.

RECOVERY FROM SURGERY

You can usually drink fluids and eat a light meal two to three hours after surgery. When the bandages are removed, you can shampoo and shower as normal.

You can resume your normal activities in a few days, but do not smoke, undertake strenuous activity or consume large amounts of alcohol during the healing period. Most people take two weeks off work.

Stitches and clips are usually removed in seven to 10 days. The temporary fixation screws used in some endoscopic procedures are removed within two weeks.

You may need pain relief for the first few days after surgery. Pain medication will be prescribed by your surgeon. Some patients have reported headaches

during the first few days after surgery.

In some cases, a small plastic tube may be inserted in the treated area as a drain to prevent fluid from accumulating. It will be removed during a follow-up visit several days after the operation.

Some bruising and swelling are normal after a browlift and usually subsides in three to four weeks. Swelling sometimes occurs around the eyes and cheeks but should start to resolve in a week or two. While sleeping or lying down, keep your head elevated to help reduce swelling. You can wear makeup to disguise the temporary bruising and swelling.

Some numbness of the scalp behind the scar is normal and may occasionally be permanent. Numbness is more common after an open browlift. Healing is

usually complete within two months.

Protect your skin from heat and direct sunlight following surgery. Use a sun-block cream, and wear a hat and sunglasses to protect your face.

Immediately after the surgery, some patients may feel disappointed with the early result, as the brow may look overdone. However, as healing continues and swelling subsides, the treated area will look better.

Follow-up: You will usually return to the surgeon for a follow-up after about a week. Your surgeon will examine your face and answer any questions you have. Any further appointments that are necessary will be scheduled at the follow-up visit.

POSSIBLE COMPLICATIONS OF SURGERY

Despite the highest standards of surgical practice, complications are possible. It is not usual for a surgeon to outline every possible or rare complication of an operation. However, it is important that you have enough information to fully weigh up the benefits, risks and limitations of surgery.

Most people having surgery will not have complications, but if you have concerns about possible side effects, discuss them with your surgeon.

The following possible complications are listed to inform and not to alarm you. There may be others that are not listed.

General risks of surgery

- Pain and discomfort around the incision.
- Heavy bleeding from the treated area (haemorrhage).
- Bruising and swelling may take several months to settle down.
- Infection that may require treatment with antibiotics.
- Occasionally a scar may become thick, raised, dark and itchy. This is called a keloid and may require further surgery to correct. A keloid can be annoying but is not a threat to health.
- Risks related to general or local anaesthesia.

Specific risks of browlift surgery

- Altered or loss of sensation in the treated area, which may persist for some months; numbness may be permanent.
- Numbness may be replaced by intense itching. This typically resolves within several months as nerves heal.
- No movement or poor movement of the forehead muscles in the first days after surgery. Movement may return to normal on one side faster than the other.
- Rarely, permanent injury to the nerves that control eyebrow movement. This can result in asymmetry of the eyebrows. Reoperation may be necessary to improve appearance.
- Rarely, both eyes may be swollen shut for a few days.
- The hairline may raise slightly, although an endoscopic procedure is less likely to cause this.
- While most deep wrinkles will look less obvious, some may be improved only slightly or not at all. Reoperation may be needed to achieve the desired result.
- Rarely, temporary hair loss may occur near the treated area. This is caused by increased skin tension in the scalp.
- Hair thinning or loss next to the line of incision; normal regrowth usually takes place within a few weeks or months. Rarely, hair thinning or loss

near the scar may be permanent.

- Asymmetry in eyebrow position and shape are often the norm, and may be noted following surgery. This asymmetry may have been preexisting. Occasionally, however, surgery may make this more obvious.
- The results of the surgery may not match your expectations.

REPORT TO YOUR SURGEON

Tell your surgeon at once if you develop any of the following:

- temperature higher than 38°C or chills
- heavy bleeding from an incision
- severe pain or tenderness
- redness around the incisions that is spreading
- loss of feeling in any area of the face
- feeling dizzy, faint or short of breath
- any concerns you have regarding your surgery.

COSTS OF TREATMENT

Ask your surgeon to provide an estimate of the fees that may apply. This is an estimate because the actual treatment may differ from the proposed treatment. If further treatment is needed due to complications or if the patient chooses other options, then extra costs are likely to apply.

Ask your surgeon about costs that may be covered by Medicare or private health funds. Medicare benefits are payable in specific cases but not usually for cosmetic reasons. It is best to discuss costs before you have treatment rather than afterwards.