

## **Brow Lift**

***Surgery to tighten the forehead, lift drooping eyebrows and open up the eyes for a younger, fresher appearance***

### **What is a Brow Lift?**

As we get older, the brow often droops, making the eyes hooded and giving an ageing, grumpy, and tired appearance. Brow Lift or Browplasty is surgery that elevates the brow and tightens the muscles in the area. It removes any excess fat and lifts loose skin to smooth forehead wrinkles and rejuvenate the face.

### **Why have a Brow Lift?**

As we age, the skin loses elasticity. The skin on the forehead can become loose and wrinkly, the brows may sag, and the eyes can look tired. Brow Lift surgery is a cosmetic procedure that lifts the area above the eyebrow, elevating the brows, smoothing forehead wrinkles, and opening up the eyes.

Severely sagging brows and lids can look unattractive and can also impede vision. Brow Lift surgery at Bella Vou removes or repositions overhanging skin to restore a more youthful, refreshed appearance.

### **What happens in Brow Lift surgery?**

At Bella Vou, Brow Lift surgery is usually performed under local anaesthetic as a day case procedure, meaning you won't need to stay in hospital overnight.

Bella Vou's specialist surgeons perform Brow Lifts endoscopically. This minimally invasive or 'keyhole' approach speeds up recovery and ensures the scars are smaller and less noticeable.

Through several small cuts in the hairline, the surgeon tightens the muscles, removes fatty tissue, and lifts the eyebrows before stitching the small incisions closed. An added benefit of Brow Lift surgery is that skin on the upper eyelid is usually tightened and lifted too.

### **How long is the recovery from Brow Lift surgery?**

Brow Lift is performed as a minimally invasive or 'keyhole' procedure. As a result, there is less surgical tissue damage, reduced scarring, and better recovery time.

### **Quick glance guide to Brow Lift surgery**

**Procedure Time: 45 minutes**

**Recovery: 2 weeks**

**Anaesthetic: Local anaesthetic**

**Hospital stay: No**

## **Treats: Wrinkles, lines and sagging skin on the forehead and around the brow**

### **Why choose Bella Vou for your Brow Lift?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

### **Your Brow Lift journey at Bella Vou**

#### **Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon, with no obligation to proceed to treatment. The consultation is an opportunity to discuss your concerns and whether a Brow Lift is the right procedure to help you achieve the appearance you want.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

*'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. If someone is uncertain about an operation, we're happy to see them several times, without a consultation charge. At Bella Vou,*

*we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

## **Meet your surgeon**

You will be offered a further appointment with your consultant proceeding to surgery. This will give you a chance to find out more about the Brow Lift procedure, your recovery, and to ask any questions you may have.

## **Preparation for Brow Lift surgery**

The specialist staff at Bella Vou will advise you on any pre-operative preparation to reduce your risk of infection and help your recovery.

You may be asked to stop any aspirin or anti-inflammatory medications, which can increase the risk of bruising and bleeding. It's important to stop smoking cigarettes and e-cigarettes, which can affect the healing process.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. As you will be awake throughout the surgery, you will be greeted by your surgeon. If you like, you can choose music to listen to during your procedure.

## **What happens during Brow Lift surgery?**

The surgeon will cleanse the skin, then carefully inject local anaesthetic so that the area is completely numb. You will feel some movement and pressure during the procedure, but it will be pain-free.

Your cosmetic surgeon will make several tiny incisions in the hairline; this ensures that the scars are less visible. The specialist inserts a fine telescope attached to a camera under the skin. The endoscope relays images of the area to a computer screen. The surgeon uses fine instruments to tighten the muscles, remove any fatty tissue, and lift the eyebrows.

Finally, the small cuts are stitched closed using absorbable sutures that don't need to be removed.

## **Recovery from a Brow Lift**

You will usually be able to go home on the day of the procedure, with no drains or drips. Some pain, swelling, and bruising are normal after Brow Lift surgery. Initial discomfort is easily controlled with oral medication. The staff at Bella Vou will carefully monitor your recovery and provide support every step of the way.

Swelling in the upper face is common in the first five days following brow lift surgery. However, it gradually settles, and most swelling and bruising is gone in 7-10 days.

After one week, the nurse and wound care specialist will check your scars. At around six weeks, your surgeon will check your progress, and at six months, you'll be offered a follow-up check to ensure that you remain healthy and happy with your results.

The Bella Vou staff are always available if you have any questions or concerns between appointments.

## **FAQs**

### **Who could benefit from a Brow Lift?**

A Brow Lift can help treat problems affecting the forehead and eyebrows. It can address excess skin hanging over your eyes. It can also treat some of the effects of ageing. You may consider a Browplasty if:

- Your eyebrow creates a tired, sad, or grumpy appearance.
- You have deep horizontal creases across the forehead.
- You have frown lines or furrows between the eyebrows or across the top of your nose.

### **Will my Brow Lift scars be visible?**

All surgery leaves scars. The specialists at Bella Vou work hard to minimise scarring. For a Brow Lift the scars are small and are placed discreetly in the hairline so that they are less noticeable.

### **Can anti-wrinkle injections give me a Brow Lift?**

In expert hands, anti-wrinkle injections can give a slight elevation of the eyebrows. The results are temporary and tend to be more subtle than the results achieved with brow lift surgery.

Although brow lift surgery offers a long-lasting solution to combat the signs of ageing, there is no guarantee that all forehead wrinkles will go away. The main benefit of brow lift surgery is lifting of the brow, with secondary lifting of upper eyelid skin.

### **How can I tell whether I need a brow lift or eyelid surgery?**

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon. The consultation is an opportunity to discuss any worries you have about your appearance and your treatment goals. The surgeon will examine your bone structure, brow position, skin elasticity, and the thickness of your skin. They will recommend the right procedure to address your problems and achieve the look you desire.

### **Can I combine procedures?**

Bella Vou offers a bespoke service. Several procedures can be performed at the same time to meet your needs. Sometimes a forehead lift is combined with an upper blepharoplasty if there is also additional skin above the eyelid.

When a Brow Lift, Facelift, Upper, and Lower Blepharoplasty and Cheek Lifts are combined, this is commonly referred to as a Full Facelift.