

WHAT IS A BROW LIFT?

With age, your skin starts to droop; wrinkles form and natural folds deepen. This can be particularly noticeable in your forehead where the loss of underlying support to the skin can result in your eyebrows falling below their normal position, increasing the droop of the upper eyelids. A brow lift can solve this by removing excess forehead skin and repositioning your eyebrows through incisions in the hairline.

Deep forehead creases and drooping eyelids make you appear far older and more tired than you feel. A brow lift can help restore a more youthful and refreshed appearance.

You may benefit from a brow lift if you have:

- Sagging eyebrows that give you a consistently angry, sad, or tired appearance.
- Deep forehead wrinkles.
- Furrows between your eyebrows.

Blepharoplasties (eyelid lifts) are often done in conjunction with a brow lift.

PRE-SURGERY CHECKLIST

1. Get prescriptions filled before surgery and Tylenol
2. Dressings (gauze or maxi pads/panty liners works well)
3. Antibiotic ointment (Polysporin) or Vaseline
4. Q-tips
5. Paper tape
6. Frozen facecloths – wet thin face cloths and place in freezer
7. Sunglasses if you tend to squint
8. Book an appointment to see Dr MacDonald after your surgery

AFTER SURGERY

1. Wear sunglasses when outside for first 2 weeks after surgery and avoid squinting.
2. Shower 2 days after surgery and after every shower apply antibiotic ointment or vaseline gently with a Q-tip and cover. Continue for 2 weeks.
3. Massage your scars with a gentle cream or ointment starting 2-weeks after surgery for 1-2 minutes 3x day then wipe clean and apply paper tape or gel sheeting. Use constantly until you're happy with the scars.
4. Place frozen face cloths gently over eyes every 2-3 hours until thawed. Do this for the first 48 hours after surgery.
5. Avoid Vitamin E creams or ointments.
6. Don't do any activity that increases your heart rate for 4-6 weeks post-surgery. Slow walking is recommended.
7. Bruising and swelling are normal and may spread down around eyes.
8. Scars can take up to 1 year to completely heal.
9. Numbness behind hairline (may be permanent).
10. No smoking.
11. Time off work is 2-4 weeks.