



BROW LIFTS

What is a brow lift?

A brow lift, also called a forehead lift, surgically corrects drooping eyebrows and softens worried or angry expressions resulting from frown lines. During the procedure, commonly performed on men and women between the ages of 35 and 70, a surgeon elevates the skin and underlying tissues of the upper face and may remove part of the muscle that causes frown lines between the brows. The result is a more youthful, relaxed, and refreshed appearance.

How will this procedure help me look more youthful?

As you know, the aging process and its effects vary greatly depending on genetics and lifestyle. However, there are some common and predictable changes that most people will experience.

In general, aging around the eyes is exhibited in two areas: the eye lids and the eyebrow. The eyelid and the brow work together – like a frame around a painting – and their shape and location can have a big effect on the mood and attitude that you convey – regardless of how you actually feel.

Have you ever been asked if you feel tired, or if you are angry, when in fact you feel great? If so, it might be the case that your brows have fallen over time. The low position can give you that tired or angry look – a condition called Brow Ptosis. As the brow descends, it creates excess skin on the eyelid, making your eyes look puffy and older.

Sometimes just lifting the brow back to its youthful position can provide a natural rejuvenation effect that takes years off your appearance and appears to improve your mood. Rejuvenation of the eye requires your surgeon to evaluate your brow height and shape, your eyelid's position, and the degree of excess skin or skin laxity.

1. Plast Reconstr Surg. 124(2009):1652
2. Arch Facial Plast Surg. 9(5)(2007):328-332
3. Facial Plast Surg Clin N Am 15(2007):255-264
4. Aesthetic Surgery Journal 30(6):802-809
5. Cosm Surg Berkowitz et al 8(1)(2005)
6. Plast Surg Clin N Am 16(2008):299-312
7. Ophthalmic Plast and Reconstr Surg 23(5):358-362
8. Facial Plast Surg Clin N Am 15(2007):255-264
9. Arch Facial Plast Surg. 6(2004):389-393
10. Arch Facial Plast Surg. 11(2)(2009):129-135
11. Sutures – Diameter. United States Pharmacopeia and National Formulary (USP 29-NF 24). Rockville, MD: United States Pharmacopeial Convention; 2006 p 2775 - Single Suture Endotine Forehead provides 6X the load capacity of 3-0 PDS Suture, Endotine Forehead-mini provides over 4X the load capacity of 3-0 PDS Suture.

AM I A BROW LIFT CANDIDATE?

Suppose you have sagging eyebrows that create a tired, angry, or sad appearance, deep horizontal creases across your forehead, or frown lines or furrows between your eyebrows. In that case, you may be a candidate for an endoscopic brow lift.

To determine if an endoscopic brow lift is right for you, consult your plastic surgeon thoroughly.

How is an endoscopic brow lift performed?

An endoscopic brow lift is a minimally invasive surgical technique performed using a small camera (an endoscope) connected to a video monitor. The endoscope is inserted into one of several 2 cm incisions placed just behind the hairline, providing the surgeon with a clear view of the muscles and tissues beneath the skin. The surgeon then inserts another instrument through another of the 2 cm incisions to lift and reposition the skin.



Once the brow and forehead tissues have been lifted to their new rejuvenated positions, the surgeon uses a small Endotine Forehead device to securely fixate the sub-dermis tissue to the cranial bone during the healing process.^{1,2,3} Endotine devices help simplify the surgical procedure and provide a broader range of adjustment for brow height and brow contour. Unlike conventional sutures, Endotine devices reduce tissue stretch during healing to help maintain the refreshed rejuvenated look that the surgeon achieved.^{1,4,5}

The Endotine solution for effective brow elevation. The Endotine device gives your surgeon advanced technology for endoscopic brow lift surgery. The unique design uses multiple points of contact to securely hold tissue in its new, rejuvenated position. This is especially important during the critical early healing phase.

Typically, it takes 30 to 60 days for the lifted tissue to reattach to the bone.^{7,10} After this time, the Endotine gradually dissolves until it is completely absorbed by the body.⁹ Endotine implants are made from a substance called polylactic acid, which is produced from plant materials to create a bio-plastic substance that dissolves naturally and is absorbed by the body.

Unlike other options, such as screws or sutures that rely on a single point of contact, Endotine's multiple holding points spread the tension forces over a wide area.¹¹ This reduces the possibility of tissue stretch or suture failure (pulling through the tissue) that could occur post-operatively when you talk and express yourself.

Endotine may also be used during a conventional "open" brow lift. In this procedure, an incision is made behind the hairline and above the ears and continues toward the top of the head. The surgeon uses this incision to release and elevate the brow and forehead and may remove excess skin and muscle that causes wrinkling and frown lines.

Because of the smaller incisions used in endoscopic surgery, patients usually experience less of the itching sensation and temporary scalp numbness felt by patients who have open surgery. In addition, patients who have an endoscopic brow lift may feel ready to return to normal activities sooner. In some cases, patients have returned to work in as few as three or four days. Typical return-to-work time is a week or two.^{1,6,7}

A combination of endoscopic and open techniques may be used. In either case, the procedure typically takes between one and two hours, and is usually performed in the surgeon's office-based facility or an outpatient surgery center under intravenous sedation or general anesthesia.⁸