

MATTHEW POTTER

BROW LIFT

Benefits

To rejuvenate the face by elevating the position of the eye brows. This improves one's appearance by removing a tired look which is classical when the eye brows have descended. Elevating the brow decreases the need for the forehead muscles to contract. The procedure potentially weakens the muscles therefore decreasing the formation of fine lines within the forehead and the classic frown creases.

Risks

1. Infection/wound break down. This is exceptionally rare within this operative area due to the beneficial large blood supply.
2. Scarring. These scars are placed as either three or five in number and all are within the scalp and thus hidden from view.
3. Pain (Mr Potter injects the area during the procedure with local anaesthetic to limit the post operative pain). You will be given oral pain killers for 3 days after the procedure. Some patients get a head ache after the procedure rather than an operative site pain. This can be settled with simple oral pain killers.
4. Swelling/bruising - all post surgical wounds and sites will swell after the procedure - this should settle within a week if not less. Rarely the area may swell for longer and this may take time to settle. You should avoid any coughing or straining during the early post operative course to minimise this.
5. Bleeding / haematoma - this is a collection of blood that can occur within the operative site that may well mean a return to theatre to remove the blood and stop any bleeding sites. This complication is rare. At the time of the operation if the operative site is very oozy we may well insert drains to decrease the chance of this complication.
6. Change in skin sensation. One can have areas within the scalp that have a decreased sensation after the procedure. This altered sensation should improve after

6 weeks.

7. Alteration in hair line. This may well be slightly elevated after the procedure.
8. Hair loss. Any sutures placed in hair bearing skin can cause a loss of hair around the suture line. Once the sutures have been removed and the wounds healed and recovered, hair growth often fully recovers.
9. Asymmetry.
10. Clots in the legs and or lungs (Deep vein thrombosis, DVT and Pulmonary embolus, PE). Any operation runs the risk of such clots. You will be given specialist stockings to wear over the course of your inpatient stay and injections to thin the blood to decrease this risk. This is a rare complication.
11. Redness/bruising. This is expected and should settle at a week.
12. Further procedures - if there are any imperfections or adjustments to be made Mr Potter and the hospitals in which he practices are more than happy to facilitate any further surgery to be sure you are happy with your final result.

The procedure

You will be admitted to the ward the day of your procedure where you will be seen by the anaesthetist and Mr Potter. Your face will be marked and you will have the opportunity to discuss the operation further if needed.

The procedure takes approximately 1-2 hours and is under General Anaesthesia with you asleep for the whole process.

All wounds are closed with sutures. These are covered with an antibiotic ointment. This allows for ease of washing and wound care. There are no tapes or bandages applied to any wounds within the scalp. All wound edges will be slightly raised due to underlying deeper sutures. Such raised wound edges will flatten at about two to three weeks. This, long →

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term, will give better scars.

Inpatient course

You will recover on the ward for the post operative day and night.

You are likely to be discharged after one night's stay in hospital. Some cases are done as a day case pending on how you recover from the anaesthetic. On the first day following the procedure your wound sites will be checked,

You will be asked to shower the morning after the procedure.

All wounds can be showered and shampooed from day one after the procedure.

Postoperative course

You will be discharged with oral pain relief which on average is only needed for two - four days.

Return to work depends on your individual recovery and the work to you undertake. On average time off work varies from 1-2 weeks.

It is likely that you will bruise around the forehead scalp and around the eyes. It is not unusual to have bruising around the eyes similar to black eyes that will settle if not completely go by one week.

Most patients take two weeks off work.

Post operative follow up

You will be reviewed at 10 days within your original hospital where the wounds and operative sites are checked and sutures removed. All sutures used will dissolve internally.

Mr Potter will review you after three weeks to assess your progress and he will give you regular reviews until all has fully settled and healed.

Do's and Don'ts

You should only return to driving when you have the strength to perform an emergency manoeuvre.

You should avoid straining, bending down and lifting for at least two weeks.

You should avoid strenuous exercise for 6 weeks.