

# *Forehead Lift* (BROW LIFT)

## **DISCLAIMER:**

### **Please read the following points:**

- ❑ The details supplied on this website are for information purposes only and full medical details should be obtained from Mr Mutimer at a pre-arranged appointment
- ❑ All details supplied by people who log onto this site are confidential and are safely secured by this website only. However, if you do not wish to add details to this website there is the option of performing this via the office on telephone: 9592 0522 or by fax on 9592 0320.
- ❑ All patient photos and literature on this website are firstly consented to and signed by the patient themselves

## Forehead Lift (BROW LIFT)

*Forehead Lift surgery is performed to give both men and women a younger, softer looking appearance. It decreases the frown lines that many people have on the forehead caused by tiredness, genetics or stress. A forehead lift is often performed in association with facial rejuvenation and you should speak to Mr. Mutimer about all options available to you.*

*Men and women of all ages choose to have this kind of surgery.*

### WHAT TO EXPECT AT YOUR CONSULTATION

Mr. Mutimer will ask you what you expect from surgery. He will show you the areas on your face that he feels can be corrected and will tell you honestly whether the results you are looking for are realistic.

You will be shown photographs of Forehead Lift surgery so that you can get an idea of the results that can be achieved, however it is important to remember that each patient is different.

The staff at Brighton Plastic Surgery Centre understand that it can be very difficult for a patient to make enquiries about such a delicate matter. Our caring and supportive staff are more than happy to help you with the necessary arrangements to make an appointment to see Mr. Mutimer. It is their aim to make you feel as relaxed, comfortable and fully informed about the procedure as possible. Please do not hesitate to ask the staff for any assistance.

**Confidentiality is of the utmost importance at Brighton Plastic Surgery Centre.**

**Strictest care is taken to ensure your privacy.**

Easy parking is available at the rear entrance.

Mr. Mutimer will want to know if you have undergone any previous eye or facial surgery and you will be asked if you are taking any medications, if you have suffered from any serious illnesses (i.e. heart attacks) or have had any major operations.

Mr. Mutimer will assess your facial bone structure and ask you to perform various facial expressions to check your skin elasticity and muscle activity. Mr. Mutimer will check for forehead lines, horizontal creases in the forehead and brows.

You will also have photographs taken at the consultation.

You can expect your consultation with Mr. Mutimer to last for at least 30 minutes.



*A forehead lift corrects the sagging or low position of the eyebrows. It also softens creases across the top of the nose and between the brows.*



*The result is a more relaxed and refreshed appearance.*

### DOES MY HOSPITAL INSURANCE COVER THE SURGERY?

Forehead Lift does not usually have a MBS item number attached to it, as it is classed as a "cosmetic" procedure and therefore is not claimable.

You will incur Mr. Mutimer's fee, anaesthetist fee, hospital bed and theatre fee, all of which incur GST. The Patient Care Co-ordinator will thoroughly discuss the costs of surgery with you and give you a full account summary. If you have any questions please do not hesitate to contact the consulting rooms on 9592 0522.

### ENDO BrowLIFT.

Because of individual factors, not everyone will achieve the same results from a forehead lift. Mr. Mutimer will select the surgical technique that he feels will obtain the best outcome for you.

### How is Mr. Mutimer able to improve my frown lines and the position of my eyebrows?

In many instances, an incision is made across the top of the scalp, beginning above the ears and hidden within the hair. Sometimes, the incision may be placed at the front of the hairline or, in some cases toward the middle of the scalp. The incision is designed to be inconspicuous when healed. Through the forehead lift incision, Mr. Mutimer can modify or remove parts of the muscles that cause wrinkling and frown lines, remove excess skin, and lift your eyebrows to a more pleasing position.

Another forehead lift technique uses an endoscope. This is a long, thin tube with a light on the end,

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attached to a video camera, which transfers a clear picture of all the internal structures to a television screen. The endoscope is inserted through five tiny incisions in the scalp.

It is through two of the incisions that two lactosorb screw anchors are placed, allowing Mr. Mutimer to lift the brow at a suitable length. These screw anchors are biodegradable and dissolve in time. It is important to note that they do not harm the patient in any way. The hyperactive muscles that create frown lines on the forehead and between the eyebrows can be weakened using the endoscope. This gives the patient a softer, relaxed appearance.

In some instances, alternate methods may be preferable, or a combination of endoscopic and other techniques may be used.

Sometimes, if your main concern is frown lines between your eyebrows or across the top of your nose, a limited endoscopic procedure to correct these problems can be done. Alternatively, if you are having upper eyelid surgery performed to remove excess skin, it may be possible to treat your frown lines by way of the same upper eyelid incisions.

It is vitally important that you fully understand the procedure of Endobrowlift. Mr. Mutimer is happy to answer any questions you may have.

## RISKS, COMPLICATIONS AND SIDE-EFFECTS

Endobrowlift surgery is performed regularly by Mr. Mutimer. Every year, many patients undergo successful forehead lift surgery, experiencing no major problems, and are pleased with the results. It is a relatively safe procedure however it is important to understand that there are certain risks, complications and side effects, before deciding to go ahead. Mr. Mutimer will discuss these points in detail with you.



*In many instances, an incision is made across the top of the scalp, beginning above the ears and hidden within the hair.*



*Another forehead lift technique uses an endoscope which is inserted through several tiny incisions in the scalp. The placement of incisions may vary.*

## They may include:

- Haematoma, which is an accumulation of blood under the skin. This would require the patient to have further surgery to have it removed.
- Infection and reactions to anaesthesia.
- There may also be a feeling of numbness and/or itching, which usually subsides after a three-week period, sometimes longer.
- Hair loss at the site of the incisions however this is only minimal and regrowth usually occurs after a short time.

You can help minimize certain risks by following the advice and instructions of Mr. Mutimer, before and after you surgery.

## PRE-OPERATIVE PREPARATION

- Smoking should be ceased 2-4 weeks prior to surgery (this includes nicotine patches).
- Any blood thinning tablets (i.e. aspirin/disprin) or vitamins should be ceased two weeks prior to surgery.
- Arnica tablets should be taken 3 days prior to surgery (5 tablets a day) excluding the day of surgery and should be taken post-operatively until finished. These tablets are used to help with swelling and bruising.
- Fasting is required 7 hours prior to surgery including water, chewing gum and lollies.
- You may need to stay in hospital 1-3 nights or have the surgery as a day patient (providing you have sufficient care at home or you may choose to stay at a respite centre post-operatively).
- If you have your hair colored, you should do this just prior to your surgery.

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## WHAT TO EXPECT ON THE DAY OF SURGERY

The Patient Care Co-ordinator will have given you an admission time, 30-90 minutes prior to your surgery. You will have fasted for 7 hours prior to that. If you are having the surgery as an overnight patient you will need to bring your health insurance details, toiletries, night wear and comfortable clothing (i.e. a tracksuit, or a top that is buttoned up or zipped at the front rather than a top that you have to pull over your head).

You will need a carer take you to and from the day facility centre and you will need to have a responsible person stay with you for 24 hours after the procedure.

You will be given a general anaesthetic, and it is important to inform Mr. Mutimer or the anaesthetists of any reactions you may have had previously.

You should also inform them of any anxiety or nervous conditions you may have.

All anaesthetists that work with Mr. Mutimer are friendly and of high expertise in their field. The procedure itself will take approximately 90 minutes or longer if performed with other plastic surgery (i.e.: upper and lower blepharoplasty or facial rejuvenation). You may have a tube placed through the incision, in the centre of the head to allow for drainage. The tube is removed after 24 hours. When surgery is completed you will be taken into the recovery area where you will be closely monitored.

## WHAT SHOULD I EXPECT AFTER MY SURGERY?

The nursing staff at the hospital will support and assist you with any needs or concerns. They are highly trained in relation to all areas of plastic surgery.

On the first day after surgery, it will be important that you lie down with your head elevated. You may suffer from some slight discomfort, and pain relief is available.

You will suffer from swelling and puffiness of the forehead, which will turn a yellow color. It is important not to expect too much, too soon. Rest is strongly advised, and will aid you in your recovery.

You will be monitored closely by the Wound Care Manager who is contactable 24 hours a day. After a ten-day period, she will remove the sutures from the scalp. At this stage you will notice your bruising start

to disappear. You will be able to wear makeup to cover any bruising or change of skin color.

After two weeks, you will be able to do some light exercise however you should seek advice from Mr. Mutimer before commencing.

After three weeks, you can start to do some more strenuous activity. You will notice that your numbness will start to subside. It is important to avoid direct sunlight and always wear a good sunscreen (available from the consulting rooms).

## MAINTAINING A PATIENT/DOCTOR RELATIONSHIP

Mr. Mutimer is a very approachable doctor who understands the needs of his patients in relation to Endobrowlift. Please feel free to approach him with any questions or concerns you would like him to address.

You will return to the consulting rooms for follow up care, where your progress will be monitored. Post-operative photographs will be taken at a later date.

*It is important to remember that the relationship between you and Mr. Mutimer does not end when you leave the hospital. If you have any questions or concerns do not hesitate to contact the office to speak with him.*

*The post-operative period is an extremely important time and there are trained staff available to help you. You can contact them on 9592 0522.*