

## **PATIENT INFORMATION SHEET: DIRECT BROW LIFT**

**A precise brow elevation technique performed under local anaesthetic**

### **WHAT IS A DIRECT BROW LIFT?**

A Direct Brow Lift is a surgical procedure designed to lift the brow directly by removing a strip of skin and soft tissue just above the eyebrows. It is typically recommended for patients with brow ptosis (drooping of the eyebrows), which can cause heaviness above the eyes, visual obstruction, or an aged appearance.

This procedure is usually performed under local anaesthetic and takes place as a day case at our clinic.

### **WHO IS IT FOR?**

This procedure may be suitable if you have:

- Low, heavy or asymmetric brows
- Visual field impairment caused by brow droop
- Previous upper eyelid surgery without adequate lift
- Thicker skin or deep-set eyes, where other lift techniques are less effective
- A preference for direct, measurable lift without general anaesthesia

### **HOW IS IT PERFORMED?**

- A carefully measured strip of skin and soft tissue is excised just above the natural brow line
- The brow is lifted and secured in a higher position using deep sutures
- The incision is closed with fine stitches, leaving a scar that lies just above the eyebrow

The surgery typically lasts 45-60 minutes, and both sides are performed for symmetry.

### **BENEFITS OF A DIRECT BROW LIFT**

- Lifts and repositions low or heavy brows
- Improves vision in cases of brow-related visual field reduction
- Can significantly enhance upper eyelid aesthetics
- Precise and controllable lift with minimal downtime
- No general anaesthetic required
- Often ideal for older patients or those seeking a straightforward, localised solution

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### **LIMITATIONS**

- A scar will be present just above the brow – your surgeon will take steps to minimise its appearance, but it may be visible, especially in patients with thin brows or fair skin
- Does not treat forehead lines or frown lines (these may be addressed separately)
- Results are long-lasting but not permanent – natural ageing continues
- Minor asymmetry may persist, especially if present before surgery

### **WHAT TO EXPECT AFTER SURGERY**

- Mild swelling, bruising, or tightness in the brow and upper eyelid region is normal
- Sutures may be dissolvable or removed at 5-7 days
- Most patients resume light activities after 3-5 days
- Final brow position settles over 6-12 weeks, with the scar continuing to fade over several months

### **AFTERCARE ADVICE**

- Keep the incision site clean and dry
- Apply any prescribed antibiotic ointment as directed
- Sleep with your head elevated on pillows for 5-7 days to reduce swelling
  - Avoid:
    - Rubbing, pulling, or applying pressure near the brows
    - Eye makeup, facial skincare, or brow grooming for 10-14 days
    - Strenuous activity or bending for 3-4 weeks
    - Once healed, apply SPF 50 daily to the scar to minimise pigmentation

### **RISKS AND COMPLICATIONS**

While complications are rare, potential risks include:

- Swelling and bruising
- Infection or delayed healing
- Visible or raised scarring above the brow
- Asymmetry or under/overcorrection
- Temporary or prolonged numbness in the forehead or brow
- Skin puckering or mild contour irregularities
- Rare: hair loss near the incision or nerve irritation

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### **RED FLAG SYMPTOMS - CONTACT US IF YOU EXPERIENCE:**

- Increasing pain, redness, or swelling after the first 72 hours
- Yellow or green discharge from the wound
- Fever or chills
- Wound opening or bleeding
- Sudden changes in sensation

### **FOLLOW-UP**

You will be scheduled for a review appointment 5-7 days post-surgery. Additional reviews may be advised based on healing and your individual plan.

### **CONTACT INFORMATION**

If you have any concerns or questions, please contact us:

Phone: 0151 203 0020

Clinic: Cosmetic Surgery of the Royal Liver Building, Liverpool