

FOREHEAD LIFT SURGERY

Over time, the forehead in some people relaxes downward causing the eyebrows to flatten and crowd the upper eyelids. A forehead lift shifts the tissues upward allowing for a natural, alert and rested appearance. A conservative approach avoids the "surprised" look.

Benefits of forehead surgery include raising the eyebrows to their normal position (which often removes some excess upper lid skin), tightening of the temporal area to improve the crow's feet, smoothing of the horizontal forehead lines, and softening of the frown lines between the eyebrows.

During surgery three small incisions hidden in the hair (hair does not need to be shaved) allow access to the muscles that cause frowning. Partial removal of these muscles causes permanent weakening of the muscle while retaining some function for normal expression. The forehead tissues are shifted upward and held in place with dissolvable sutures while healing fixes the forehead in the desired position. A light compression dressing is used during early healing to keep swelling and bruising to a minimum.

The temporal or outer forehead areas can be treated as an independent procedure if the only problem is lateral "hooding" or crowding of the outer upper eyelids and crow's feet. The procedure is the same for a full forehead lift with the exception of the frown line muscle work.

A general anesthesia is not needed as local anesthesia and oral sedation alone, or in combination with intravenous sedation, will provide relaxation and amnesia. Pain is usually minimal and easily controlled with Tylenol or Ibuprofen.

Most people are able to return to work in 5 to 7 days. Walking may be started right away. Activities will gradually be increased over the next three weeks as tolerated.