PRINTZLAU

PRIVATHOSPITAL

Information on forehead lift

How is a forehead lift carried out?

Traditionally, the eyebrows were lifted by removing excess skin right above the eyebrow, a so-called ”direct eyebrow lift”. This leaves a disfiguring scar directly in or above the eyebrow, which is why the method is only rarely used today

Today, we have methods in which the eyebrow is lifted through an access hidden in the upper eyelid. With permanent threads or temporary screws, the eyebrow can be fastened in a more upward position. The results of these surgeries can be very insignificant. Alternatively, the eyebrows can be lifted through an incision in the hair line. If only the lateral parts of the eyebrows are desired lifted, a so-called “temple lift” is performed in which a 4-5 cm incision is made in the hair above the temples so that the forehead muscles can be tightened and any excess skin removed.

If the entire eyebrow region is to be lifted, a so called “forehead lift” is performed. This can either be done with a keyhole technique, through up to 5 incisions on the hairline, or as an open surgery in which the incision is made across the forehead, hidden in the hair. The more open the surgery, the easier it is to achieve significant results.

Subsequent effects and complications

Unmet expectations is the most frequent complaint following eyebrow lifts performed using the less invasive techniques. The scars can be disfiguring and leave hairless areas in the temple area. Finally, the surgery may affect or damage sensory nerves and motor nerves. In rare cases, the nerve lesions may be permanent. Moreover, all types of surgery involves a risk of bleeding and infection.

Durability

Tightening the facial skin and the underlying tissue does not stop the aging process. As such, there are no cosmetic surgeries of this type that "last forever". On the other hand, it can be argued that what is removed will not be reproduced or reappear. Figuratively speaking, the aging process is "parallel shifted" in a younger direction.

The "durability" of the long-term result is partly individual and is affected by genetic factors as well as external factors, e.g. smoking. The "durability" will also be different depending on the type of facelift: the bigger and the more open the procedure, the greater the effect and the durability of the result.

First consultation

During your first consultation, the plastic surgeon will consult with you based on your wishes and expectations to the surgery in regards to possibilities and limitations. You will be informed about what results to realistically expect after the surgery, what effects the surgery has, as well as what risks it entails. It is your right as a patient to receive this information orally as well as in writing.

The plastic surgeon will assess your overall health and whether it is necessary to draw blood samples or any further examinations before the surgery. Your face is meticulously photographed for "before and after" photos, if the operation is eventually performed.

As a private patient you have the right to bring an assessor with you to your consultation, and we advise you do so. This provides you with an opportunity to discuss pros and

cons for the surgery even after you have returned home. Danish legislation on “cosmetic treatment” requires that you wait a minimum of seven days from your first consultation before you can make an appointment for the desired surgery. This serves to protect you by preventing any impulsive or rash decisions to undergo cosmetic surgery.