

## **Forehead Lift / BrowLift – Including Endoscopy**

A forehead lift or "browlift" is a procedure that restores a more youthful area above the eyes. The procedure corrects drooping brows and improves the horizontal lines and furrows that can make a person appear angry, sad or tired. In a forehead lift, the muscles and tissues that cause the furrowing or drooping are removed or altered to smooth the forehead, raise the eyebrows and minimize frown lines. In the newer surgical method, an endoscope, a viewing instrument that allows the procedure to be performed with minimal incisions is utilized.

A forehead lift is most commonly performed in the 40 to 60 age. Prior to this age Botox is commonly utilized with or without fillers to correct aging issues. A forehead lift is often performed in conjunction with a facelift to provide a smoother overall look to the face. Eyelid surgery (blepharoplasty) may also be performed at the same time as a forehead lift, especially if a patient has significant skin overhang in the upper eyelids. Sometimes, patients who believe they need upper-eyelid surgery find that a forehead lift better meets their surgical goals and needs.

For a better understanding of how a forehead lift might change your appearance, look into a mirror and place the palms of your hands at the outer edges of your eyes, above your eyebrows. Gently draw the skin up to raise the brow and the forehead area. That is approximately what a forehead lift would do.

Your surgeon can help you decide which surgical approach will best achieve your cosmetic goals: the classic or "open" method, or the endoscopic forehead lift. This is often determined by the height of your forehead pre operatively. Make sure you understand the technique that your surgeon recommends and why he or she feels it is best for you.