

## Good Advice

### Talking, Laughing, Crying – Are You Ready for a Brow Lift?

by H. Sasson, MD, FACS



Years of talking, laughing and crying can take their toll on your face. Sometimes the evidence is endearing, for instance laugh lines around the eyes, which I personally find endearing (my patients usually don't).

But foreheads don't wear well. They're subject to creases, drooping, wrinkles and frown lines. Sometimes forehead skin can sag so much it pushes the eyebrows down, creating a menacing look.

Fortunately, there's a simple procedure to fix this. It's called a Brow Lift.

#### A Variety of Techniques

Men and women usually require different types of Brow Lifts, and I have a few approaches I use for different types of problems. How I approach your Brow Lift will depend on your facial structure, your eyebrow position and other factors.

For example, some people develop deep horizontal creases across the forehead early in life. Their eyes still look youthful and the lower face is relatively untouched, but their forehead creases give them a worried, aging look.

Women with this problem often develop hairstyles to hide the forehead – bangs or a sweep of hair beginning at a side part. This only works for a while.

It's easy with injections to numb the muscles causing their creases and fill in the wrinkles these muscles have created so far. In the future the weakened muscles will cause less damage. If they also have excess skin, I can remove that without changing the position of the eyebrows.

The result is a clarified, relaxed look with minimal incisions and minimal down time.

#### The Other End of the Spectrum

Other patients have more extensive issues. Sagging forehead skin has pushed their eyebrows down to an unnatural position. Their upper eyelids sag too, turning their eyes into

slits. With deep frown lines pulling their eyebrows together toward the center of the face, they look furious all the time.

These patients often require some eyelid surgery along with a Brow Lift. Brow Lifts will not "open up" hooded eyes. But a Brow Lift will relieve the downward pressure of sagging skin on the eyebrows, raising the brows to a more natural position.

These patients invariably need to have skin removed, either at the hairline level or just above the brow. That decision will depend on the structure of the face and whether the patient is bothered by an unusually high forehead, and wants me to shorten it. And of course,

relaxing the frown muscles is almost always part of a Brow Lift.

It usually takes from 2 to 3 hours, and results in swelling and bruising that may last a week to 10 days. Minor discomfort during post-up can be controlled with low-dose prescription medication.

Scars are minimal since incisions are placed so as to be well-concealed, often within or at the hairline or within a deep forehead crease.

Some incisions may appear slightly pink for the first few days to weeks, and hairline scars may be slightly raised, but these will fade to thin white lines over time.

Put an end to making people around you uncomfortable over an unintended facial expression. With a brow lift I can restore

the relaxed, calm, amenable expression that makes you fun to be around. A consultation is the best way to find out whether this procedure is something you'd benefit from.

*Dr. Sasson is a board certified plastic surgeon trained at UCLA and Yale University Hospitals and is the chief of plastic surgery at two Long Island hospitals. He has many years of experience in cosmetic surgery and will be happy to formulate the proper plan for you. Please call our Great Neck 516-487-5017 or Manhattan 212-249-0066 office to schedule your consultation.*

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