

Information leaflet for people who are considering undergoing a direct/internal brow lift.

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about a direct/indirect brow lift: why and when to undergo the procedure, the consultation, the preparation, the surgery, the period after the procedure, the result, and lastly, the complications and risks that may arise. Your personal situation and options for treatment can only be discussed during a personal conversation. This leaflet serves as preparation and/or addition to your conversation with the plastic surgeon.

Why and when

When the skin of the forehead starts to sag during the ageing process, the eyebrows can start to droop. This often results in a tired appearance, may negatively affect your vision and may even cause headaches. If you are experiencing any of the problems listed above and this bothers you, you may have good reason to consider a procedure. Surgery that will lift your eyebrows may be a good option for you.

The procedure can be performed in various ways. One of these is the 'direct brow lift', another solution is the so-called 'internal brow fixation/lift'. During the direct brow lift, the skin above the eyebrow is removed, moving the eyebrows to a higher position. In the case of the internal brow fixation/lift, the eyebrow is approached via upper eyelid surgery and the eyebrow is fixed in a position above the ridge of the eye socket with a few sutures. In some cases, a direct brow lift will also be performed in combination with surgery of the upper and/or lower eyelids.

Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes, complaints and questions in detail. He/she will examine your face and discuss with you whether a brow lift will sufficiently resolve your problem. Next, all your questions will be answered and you will receive the most detailed possible information about the procedure: the preparation, the procedure, the expected result and the possible complications. After all, you may be disappointed with the result if you go into the procedure with the wrong idea. If the surgeon is not convinced that your problem can be adequately resolved, he/she will discuss this with you, as well. If possible, he/she will propose a different solution. If you wish, the doctor can refer you to a colleague for a second opinion.

Cosmetic surgery is not covered by health insurance. Reimbursement of medically necessary surgery depends on the criteria set by the healthcare insurance company for this procedure. You can consult your healthcare insurance company and/or policy terms and conditions to check these criteria. The specialist cannot deviate from these criteria. The current rules for reimbursement may change in the future.

Your own responsibilities prior to your surgery:

You should observe a number of preparations in the period prior to your surgery, such as:

- **Stopping blood thinners (anticoagulants):**

You may need to stop taking your blood-thinning medication prior to the surgery.

The plastic surgeon will inform you about this. If the procedure will take place under general anaesthesia, you will have attended a pre-operative screening with the anaesthesiology assistant several weeks prior to your surgery, in which your health and the medication policy were discussed. This includes a discussion of which blood-thinning medication you need to stop using (temporarily). If your prescribing physician does not approve the temporary discontinuation of blood-thinning medication, then the scheduled surgery cannot take place at Bey by Bergman Clinics.

- **Submit your general medication overview (GMO):**

If you are using medication, this overview can be obtained from your pharmacy. You can also give us permission to share your medication details via the National Exchange Point.

- **Submit the signed Informed Consent Form:**

You will receive this form once your surgery has been scheduled.

- **Pay the invoice according to the terms of payment*.**

ALCOHOL POLICY:

- No alcohol for 48 hours before surgery and 2 weeks after surgery.

SMOKING POLICY:

- Smoking has a negative effect on wound healing.
- No smoking for 4 weeks before surgery and 4 weeks after surgery.

NAIL VARNISH POLICY:

- There is no need to remove nail varnish, gel nails or acrylic nails prior to the surgery.

DRUGS POLICY:

- Use of drugs like XTC, methamphetamine, heroin or cocaine must be stopped at least 1 week before surgery. This can otherwise cause severe heart rhythm disorders during the operation or reduce the effect of anaesthetics.
- This does not apply to prescription amphetamine use for AD(H)D.
- The same rules as for smoking apply to cannabis.

FASTING POLICY:

Please refer to the anaesthesiology leaflet for the fasting policy.

If the procedure is to be performed under local anaesthesia:

- no pre-operative screening will be performed by anaesthesiology
- the fasting policy does not apply

The specialist, anaesthesiology technicians, nursing staff, consultant and treatment app can provide more information if you have any questions.

Good idea to purchase before the surgery:

- Paracetamol 500 mg, 2 tablets 4x daily
- Naproxen (Aleve) 250 mg 2x daily, if necessary (reduce this pain medication before paracetamol)
- Pantoprazole (gastric protector) 20 mg 1x daily (with use of Naproxen)
- Non-sterile gauze

The surgery

- In the case of the direct brow lift, the area of skin that will be removed above the eyebrows is often marked just before surgery.
- In the case of the internal brow fixation/lift, the surgeon will mark the approximate location for the internal sutures.
- The surgical field will then be disinfected and covered with sterile drapes.
- Following the (usually) local anaesthesia, a direct brow lift proceeds with removal of the excess skin via an incision measuring about five centimetres in length immediately above each eyebrow, or in a fold above each eyebrow. In the case of the internal brow fixation/lift, the eyebrow is approached internally via upper eyelid surgery and the eyebrow is fixed in a position internally with a few sutures above the ridge of the eye socket.
- Lastly, the skin is closed again with sutures. The scars will be located immediately above the eyebrows, just above the eyebrow hairs, or in a natural skin fold.

If you are allowed home, somebody must accompany you home. You may not drive a vehicle yourself. We also recommend that you do not spend the first 24 hours alone at home.

After the procedure

The area around the eyebrows and the eyelids may be swollen and bruised after a brow lift. We recommend (though there is no scientific evidence to support this) that you cool the surgical area with a bag of frozen peas or the cooling eye mask for fifteen minutes per hour until going to bed on the first day, to ease any pain and swelling (only if this feels comfortable for you). The skin must not come into contact with the cooling eye mask and you can place a gauze or handkerchief between the skin and the cooling mask. It may be slightly more difficult to close the eyes immediately after surgery as a result of the forehead lift. This will recover after the surgery, generally within two to three weeks. You can take the prescribed pain medication if you experience any pain. Please contact the number +31 (0)88 9000535 if you have any questions about this.

Recovery period

Starting from the day after the surgery, you may:

- Sleep on your back or side.
- Shower on a daily basis at home.
- Use non-sterile gauze for any oozing of the wound.
- Mobilise according to the pain, listen to your body.
- Increase your activities further each day.
- Resume driving and cycling 2 weeks after the surgery (this depends on your healthcare insurance company).
- Sauna, bath, swimming pool and exercise after 6 weeks.

You will need to use SPF 30 sun cream to protect the scars against the sun during the first year. Ask your specialist about any restrictions in your travel plans after your procedure.

You will visit the nurses and the specialist for check-ups after the surgery. We want to remind you that it is important for you to attend these follow-up appointments. This allows the nurse and the medical specialist to monitor the progress of your recovery. They can also offer advice if you have any questions regarding the information provided above.

The result

The scars will be clearly visible immediately after the surgery and the skin will be swollen. These scars will fade over time (weeks to months) and are often barely noticeable and the swelling will have disappeared. Only a thin line about five centimetres in length will remain above each eyebrow. The sensation in the skin surrounding the scar of the brow lift is reduced by the surgery. In some cases the result is not permanent, because the skin of the forehead starts to droop again. You may wish to have further surgery and this is almost always possible. Perhaps you are not satisfied with the result, for example because you had different expectations. Please be sure to mention this.

Complications and risks

The plastic surgeon always invests a great deal of time, care and personal attention in your treatment. However, complications do unfortunately occur: no procedure is entirely free of the risk of complications. The normal risks of surgery – such as thrombosis, pulmonary embolism, post-op bleeding and wound infection – also apply to this surgery. Specific complications can also occur:

- More bruising than normal can sometimes occur, a post-op bleed. This is usually not serious. If this happens, it will take a bit longer for the area around the eyes to look normal again.
- Sometimes it can be difficult to open and close the eyes in the initial period after surgery.
- You can use eye drops (artificial tears) to prevent your eyes from drying out.
- Fluid accumulation can occur around the eyes. These complaints usually disappear spontaneously over time.
- It is not possible to guarantee a one-hundred-percent identical (symmetrical) result.
- Sometimes a so-called skin (epithelial) cyst will develop in the scar, which can easily be removed with a needle.
- In very rare cases, an allergic reaction to the anaesthetic can occur.

Always contact us after surgery in the following cases:

- Significantly increased swelling of the wound or the surgical area
- Pain, if the pain medication does not help or the pain even increases
- Redness and swelling of the wound
- Feeling ill and/or a fever, above 38°C (measured via the anus)
- Persistent nausea
- Acute tightness across the chest
- Acute pain in the leg, possibly with swelling
- Being unable to urinate, whilst drinking normal quantities
- Concerns or doubts

We can be contacted for emergencies 24 hours per day, via +31 (0)88 9000 567.

For non-urgent matters, please call +31 (0)88 9000 535 during office hours.

More information

If you have any further questions after reading this leaflet, you can ask your plastic surgeon to answer these questions at any time. You can schedule an appointment for a consultation. You can contact the clinic on telephone number +31 (0)88 9000 535 about this.

Complaints and privacy regulations

Bey by Bergman Clinics has complaints and privacy regulations in place. A copy of these regulations can be obtained from our locations and on our website www.beyclinics.nl.

Cooling-off period

Bey by Bergman Clinics acts according to the guidelines of the NVPC and thus implements a 'cooling-off' period. This is the time between the first consultation in which the treatment is proposed and the decision to continue with the treatment. We implement a cooling-off period of one week for a cosmetic surgical procedure.

Terms and conditions of payment*

The first instalment of 25% of the treatment costs must be paid within 5 days after receipt of the invoice. The remainder of the treatment costs should be received by us no later than 4 weeks prior to the surgery date. Cash payments are only possible following agreement with your consultant. If your surgery has been approved by your healthcare insurance company, then you are responsible for reading the terms and conditions of your insurance policy to check that they will reimburse 100% of the costs of your surgery.

Cancellation policy

You must cancel your surgery in writing. Cancellation within 3 weeks prior to your surgery will result in costs already incurred to the sum of 25% of the costs of surgery being billed to you. Cancellation within 48 hours prior to the agreed date of surgery is only permitted in the case of absolute and demonstrable force majeure.

In all other cases of non-insured care, you will be billed for 100% of the agreed treatment costs. In the case of a treatment that is reimbursed by your healthcare insurance company, your treatment cannot be rescheduled at Bey by Bergman Clinics. The aforementioned cancellation policy also applies if the surgery cannot be performed due to failure on your part to fulfil your responsibilities as listed in this leaflet.

Finally

This leaflet serves as preparation and as a supplement to the conversation with the plastic surgeon and as a 'reference' for the period after the surgery. However, such a description can never apply completely to each individual situation. Plastic and aesthetic surgery is not an exact science; this written information should in no way be construed as a guarantee for the course of events and result of your treatment.