

Information leaflet for people who are considering undergoing a forehead lift.

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about forehead 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 brow can droop and may negatively affect vision and sometimes cause headaches. A low brow can also result in a tired, old and/or sombre appearance. If you are experiencing any of the problems listed above, and if these problems bother you, you may have good reason to consider a procedure. A forehead lift is one of the options (a direct brow lift may be another option). A forehead lift can be combined with upper and/or lower eyelid surgery and/or a face/neck lift.

An endoscopic forehead lift is performed for a drooping forehead. Via a number of small incisions in the hairline, the entire skin of the forehead is loosened along the membrane covering the skull right to the crown of the head and effectively pulled up: this moves the forehead and the brow to a higher position.

An open forehead lift is performed in the same situation, but for women with a relatively high forehead or men with a full head of hair. The brow is lifted because the height of the forehead skin is shortened, before the hairline in the centre and in the hairline to the side. The scar is also barely visible when using this method.

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 forehead 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, the surgeon will propose a different solution (for example a 'direct brow lift'). 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. In addition, you 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 included 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

- The plastic surgeon will mark where the small incisions for the endoscopic forehead lift or the incision for the open forehead lift will be made just before surgery.
- You will then be placed under general anaesthesia and the surgical field will be disinfected and covered with sterile drapes.
- The surgical field will then be injected with a special liquid that causes the blood vessels to contract. This reduces blood loss.
- The forehead lift can then be performed in one of two ways: endoscopic or open; the most suitable method for you has been discussed with you before the surgery. The decision usually depends on – among other factors – the height of your forehead and your hairline.

Endoscopic forehead lift

During an endoscopic forehead lift, the plastic surgeon makes three to five small incisions (approximately half a centimetre each) in the scalp covered with hair, just behind your hairline. Special viewing equipment and instruments are inserted via these small incisions to loosen the entire forehead skin down to the brow. The forehead skin is then pulled up. The excess skin is not removed, but relocated towards the crown of your head. Any resulting skin fold will disappear spontaneously. The skin is fixed in position on the crown with small screws in the outer layer of your skull. The forehead skin is also glued to the subcutaneous layer with special tissue glue. Finally, all the wounds are sutured. The sutures and the two screws are removed 1 week after surgery.

Open forehead lift

An open forehead lift involves an incision on the hairline. This incision runs from the middle of the forehead into the hair, via the receding hairline, and thus runs from ear to ear. The forehead skin is then loosened down to the brow. The forehead skin is then pulled back taut and any excess skin is removed. The long incision on the forehead is then sutured in layers. The sutures will be removed one week after surgery.

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

Following a forehead lift, a sturdy dressing will be applied around your head and forehead before you wake from the anaesthesia, to prevent swelling and bruising to the maximum extent possible. You may remove this dressing yourself after two days. You may then shower again and also wash your hair. You may find it slightly more difficult to close your eyes immediately after surgery as a result of the forehead lift. This will pass 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 (keep the dressing on your head dry for the first 2 days).
- 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.
- Start driving and cycling 2 weeks after surgery (this depends on your healthcare insurance company).
- Take a sauna, bath, swim 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 slightly swollen. The scars will fade over time and usually they will barely be noticeable. An endoscopic forehead lift results in only three to five small scars, measuring a half to one centimetre in length in the hairline. An open forehead lift results in scars that run along the hairline on your forehead and from there via the receding hairline and through the hair, ending above your ears. The brow may be slightly raised soon after surgery. This will return to a better position over several weeks. An open forehead lift always results in numbness of the scalp with hair immediately behind the scars on the forehead. Some sensation might return, but it will never be the same as before the surgery. There is usually no difference in sensation before and after surgery following an endoscopic forehead lift.

The plastic surgeon can determine the final result after about three months. The result is usually good. Wrinkles that form part of your facial expression (frown lines, raised forehead) will always remain present. In some situations, slight additional procedures may be required, for example, if the scar has not healed properly. Another small procedure may be required if the result is not sufficiently symmetrical. Further surgery may be required if the skin and muscle surrounding the eye droop further and/or the forehead and brow start to sag further. Options include additional upper eyelid surgery, a brow lift or a forehead lift. 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:

- Post-op bleeding that is heavier than normal can sometimes occur after a forehead lift. This is usually not serious. If this happens, it will take a bit longer for the surgical field and the forehead 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.
- An endoscopic forehead lift sometimes results in a ridge of skin on the scalp covered by hair, with swelling and even hardening that only disappears after weeks or months.
- Damage to the cranial nerve can occur, meaning that it is no longer possible to frown or actively raise your forehead. This is usually temporary; in rare cases it can be permanent. The result is that the brow will droop a little on one side and the skin will have very few wrinkles.
- It is not possible to guarantee that the position of the eyebrows will be one hundred percent identical (symmetrical). Sometimes an additional procedure will be required.
- Fluid accumulation can occur around the eyes. These complaints usually disappear spontaneously over time.
- 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 are not an exact science; this written information should in no way be construed as a guarantee for the course of events and the result of your procedure.