

REAL LIVES, REAL PEOPLE, REAL SOLUTIONS



M A G A Z I N E

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# ABANDONING FEAR & **EMBRACING CHANGES**

## **SURPRISINGLY UNHEALTHY FOODS**

What to choose instead!

## **MY BIG FAT BRAIN**

A neuropsychological  
prospective

## **ADJUSTING TO THE NEW YOU**

Focus on your finish line





# THE BROW LIFT

For many, the joys of weight loss are coupled with premature signs of facial aging. When bariatric patients consult with me, they frequently have concerns involving numerous areas of their body. Unlike most areas of the body, the face cannot be camouflaged or covered; so at some point, our discussion often involves ways of improving facial aesthetics.



When evaluating the facial appearance of a weight loss patient, a key area I focus on is the eyes. I ask: do their eyes have an alert and youthful look, or do they have a heavy and tired appearance? When the latter is present it may be completely incongruent with the patient's attitude. They may be alert and energetic yet their eyes look tired, sad or sleepy. Plastic surgeons diagnose this as brow ptosis.

Brow ptosis is a descent of the soft tissue over the forehead including the eyebrows. The eyebrows descend onto, and crowd, the upper eyelids. This, in turn, creates the heavy appearance of the upper eyelids which makes them look prematurely older. Women may remark that their mascara comes off on their eyelids or that their eye shadow does not show. A typical

complaint is of too much upper eyelid skin, when in reality, it is most often due to the brow being too low. Still, in some cases there may also be redundant eyelid skin. One way a person can test this at home is to look in the mirror and, using their finger, raise an eye brow comparing it to the other side. If this restores a youthful appearance, then brow ptosis is present.

Correcting brow ptosis can lead to a major improvement in facial aesthetics. The results are two fold. It is substantial in restoring the brow's position which is one of the major signs of premature facial aging. Yet it's subtle too, because when properly performed, the results are natural appearing and there should be no signs that anything was done.

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Before and after the endoscopic brow lift and simultaneous eyelid surgery.

Today, state-of-the-art brow lifts are performed endoscopically. This is the very same technology as laparoscopy, but with finer instruments. For example, the endoscope we use is just 3 millimeters in diameter. The advantages of the Endoscopic Brow Lift include: smaller incisions, shorter recovery, and fewer complications among others. Access points for the instruments are through three small incisions just behind the hairline so they do not show. The surgery allows for elevation of the soft tissue over the forehead which raises the eyebrows restoring them to a youthful position. In doing so, the weight of the brows is lifted off of the upper eyelids.

For appropriate candidates, the endoscopic brow lift is the procedure of choice. There are two factors which influence whether the endoscopic method is the right procedure for a patient. These are the presence of brow ptosis and the position of the hairline across the top of the forehead. For those whom have a normally positioned hairline, or even a low position, the endoscopic method is the best technique.

Endoscopic brow lifts can and often are performed in conjunction with other facial procedures. For example, it may be done at the same time as a face lift or eyelid surgery when these are necessary. When a brow lift is performed with other



Before and after the endoscopic brow lift and facial rejuvenation.

facial procedures these recovery times are longer. However, as an isolated procedure, and endoscopic brow lift takes an hour and is an out patient procedure. Patients should relax and sleep with their head elevated for several days to minimize swelling. Normal, non-strenuous activity can be resumed 4 days later. Regular exercise can be started ten to fourteen days later.



**Bernard A. Shuster, MD, FACS,** is certified by the American Board of Plastic Surgery and a member of The American Society of Plastic Surgeons. He practices in South Florida and specializes in plastic surgery following weight loss. To learn more visit [drshuster.net](http://drshuster.net).