



face



EYE OPENER

SYDNEY ENT AND FACIAL PLASTIC SURGEON **DR GEORGE MARCELLS** EXPLAINS HOW BROW LIFT AND EYELID SURGERY CAN REJUVENATE THE ENTIRE FACE. AIMÉE SURTENICH REPORTS.

Often the upper face can show the first signs of facial ageing. You may notice deep creases across your forehead and between your eyebrows when you look in the mirror, even when your face remains in a static position. Bulging in the lower and upper eyelids, drooping and under-eye bags may also start to take form.

The effects of gravity, sun damage and of course the natural ageing process all contribute to a gradual descent of the brow and eyelids, giving a 'heavy' or 'hooded' appearance to your upper face which can make you look angry, sad and older than your years.

'Drooping eyebrows, excess skin and fat in the upper eyelids as well as bags under the eyes are key signs of upper facial ageing,' says Sydney ENT and facial plastic surgeon Dr George Marcells. 'A person with these telltale signs may be told by friends, relatives or even work colleagues that they look tired, cranky or sad when in fact they feel happy and fully rested.'

Surgical rejuvenation of the upper face can restore a fresher and more youthful appearance. The goal is to enhance what nature gave you and to help combat the ageing process, not to completely change your appearance or the character of your face.

Two common cosmetic surgical procedures to correct signs of upper face ageing are brow lift and eyelid surgery.

Brow lift surgery is performed to restore the eyebrows and forehead to a more youthful position and, among other characteristics, takes into account your gender. For example, the female eyebrow usually sits just above the bony upper rim of the eye whereas the male eyebrow usually sits on the rim. This surgery can also help remove hooding over the upper eyelids. Dr Marcells predominantly uses the endoscopic (through a small incision) brow lift technique, although he may use other techniques in particular cases.

You can typically resume everyday activities within a week or two, although rigorous activity should be avoided for several weeks. Bruising and swelling will usually subside after around 10 days to two weeks in most cases, and some temporary numbness of the scalp is normal. The final results are usually apparent within around two months.

A brow lift is often combined with eyelid surgery, or blepharoplasty, to provide a harmonious rejuvenation.

Eyelid surgery is performed to remove excess skin and fat in the upper lids and correct bags and sagging under the eyes. The incision lines for eyelid surgery are made within the natural structures of the eyelid region, allowing any resultant scars to be well concealed. 'Small incisions around the eyelids or behind the lower eyelids tend to heal very well,' says Dr Marcells.

CASE STUDY 1

'In the "before" photo, note the droopy left eyebrow and the marked hooding over the left eyelid. There is also excess skin on the right upper lid. These give the patient a tired and stern appearance,' Dr Marcells says.

He performed an endoscopic left brow lift as well as eyelid surgery to both upper lids to remove excess skin and fat.

'The result is a very refreshed and open appearance which is natural-looking,' he says.



BEFORE



AFTER brow lift and eyelid surgery by Dr Marcells

CASE STUDY 2

'Note the heavy drooping of both eyebrows and marked hooding of both upper eyelids in the "before" photo. There is also some notching of the right eyebrow due to previous removal of a skin cancer,' Dr Marcells says. 'Note also the large fatty bags of the lower eyelids and droopy lower eyelid rims and loose muscle. These give the patient a tired, sad and aged appearance.'

Dr Marcells performed endoscopic brow lift surgery to lift both brows, and eyelid surgery for both upper lids to remove excess skin and fat. The lower eyelids have been re-supported, the muscle tightened and the excess fat and skin removed.

'The result is a refreshed, more youthful appearance while still retaining a natural-looking aspect,' he says.



BEFORE



AFTER brow lift and eyelid surgery by Dr Marcells

The results of eyelid and brow surgery become apparent when swelling and bruising subside to reveal a smoother, better defined eye region and a more alert and rejuvenated appearance. Results typically last around seven to 10 years.

ADJUNCT PROCEDURES

Both brow and eyelid surgery can be performed as standalone procedures or carried out in conjunction with other facial rejuvenation procedures such as face and neck lift surgery.

In addition, Dr Marcells says the skin of the upper face can be further enhanced and rejuvenated using various non-surgical treatments such as micropeels, microdermabrasion, soft tissue fillers such as Restylane and Juvéderm, and muscle relaxants such as Botox.

'Upper face rejuvenation procedures can improve your appearance by five to 10 years,' says Dr Marcells. 'Looking fresher, younger and less tired can also give a boost to your confidence and self-esteem.' **acsm**