

Patient guidance UK

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COSMETIC SURGERY

# Ponytail lift

Endoscopic forehead lift/brow lift



You can either have your eyebrows rotated upwards (ponytail) or your forehead lifted, or a combination of both.

The term „ponytail“ reflects what a lift would look like if you tightened your hair in a „ponytail“ and it had an impact on your eyebrows.

A ponytail lift and a forehead lift are performed either as stand-alone procedures or in combination with a face lift.

### **An endoscopic forehead lift/brow lift is for you, if you:**

- Feel embarrassed by signs of ageing on your face
- Have a lot of forehead wrinkles
- Have sunken eyebrows often followed by excess skin on upper eyelids
- Have a lot of wrinkles around the eyes. In an operation, we can tighten the forehead skin and temple, so that the wrinkles on the forehead and over the bridge of the nose are smoothed out. At the same time, we remove the wrinkle-forming muscles, so that the eyebrows and areas around the cheekbones are lifted. A forehead/brow lift can be done alone, or simultaneously with a facelift or eyelid surgery
- Want smaller and less visible scars, and less sensory impairment to the skin

## **Preliminary examination**

Before deciding on an endoscopic forehead lift, you will come in for a preliminary examination with one of our specialist plastic surgeons.

We recommend that you read these instructions carefully before the consultation, and note down your questions so that you remember to ask them during the preliminary examination.

It may be a good idea to bring a friend or family member to the preliminary examination, as there is a lot of information to consider. It is important that you feel safe.

At the preliminary examination, we will discuss your wishes, and the plastic surgeon will examine you. Based on this, the plastic surgeon will explain which technique is best suited to give you the desired result, and together we will decide if an endoscopic forehead lift is right for you. You will be thoroughly informed about the operation, what to expect after surgery, as well as possible side effects and complications.

## Expectations

The results of cosmetic surgery are not lasting. The body's natural ageing process continues, and will eventually change the result. How quickly the body ages is individual and dependent on, among other things, genetic factors, smoking and sun exposure. Moreover, it is important to remember that surgery is associated with some risk of complications (see the end of the leaflet), and that the end result cannot always live up to the expectations and wishes that you and your plastic surgeon may have.

If you are very over/underweight, there is an increased risk of complications during anaesthesia and wound healing. Thus, if your BMI (Body Mass Index) is over 30, it is not certain that we can offer you the surgery if you will need general anaesthesia.

## Booking an operation

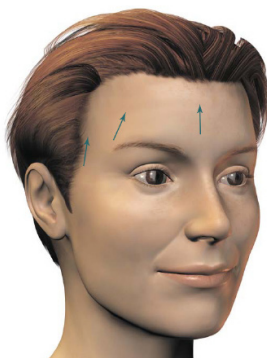
The preliminary examination by the plastic surgeon is, of course, non-binding. This means you have the option to regret your decision, go home and consider the situation, before deciding whether you want an endoscopic lift of the brow/forehead.

According to the Cosmetic Treatments Act, you cannot undergo surgery until 1 week after the preliminary examination. You can either book an appointment at Reception immediately, or contact us later and we will find a time for surgery together.

## Endoskopisk pandeløft



Opening (scarring) of the skin from an endoscopic lift



The skin is lifted in the direction of the arrows

# Preparation

We recommend that you read this leaflet again and also the „General guidance regarding your surgery“ leaflet before your operation.

## Fasting

You must arrive at the hospital fasting.

## Pause medication

Read about this in the „General guidance regarding your surgery“ or „Regular medication in connection with surgery“ leaflets.

## The skin

Healthy and well-cared for skin before surgery ensures faster and better healing of the skin in the aftermath.

# The operation

The operation lasts approx. 3 hours in total and is done under general anaesthesia.

In the event of a major or multiple concurrent interventions, an overnight stay in the ward will often be needed.

The usual method is to make 3–5 incisions of 1–1.5 cm in length inside the hairline at the back and the front. The skin is released forward down towards the eyelid under endoscopic (keyhole) guidance, and the wrinkles at the root of the nose are removed, if the wrinkles between the eyebrows are to be removed simultaneously.

The hairline will move back slightly in a brow lift, but does not move back in a ponytail lift.

The openings in the scalp are closed using a visible nylon thread that will be removed during one of the days of the week.

Local anaesthesia will be applied to the wounds at the end of the operation, and you will have a dressing on your head.

Some people experience minor bleeding. If this happens we insert a drain (a thin plastic tube) that drains blood and fluid into a small container. Possibly needing to insert drainage is not a sign of complication.

After the endoscopic procedure, you will only have minimal sensory disturbance in a small part of the scalp for a short period of time, and there will be no visible scars.

To complete the cosmetic result, the Pony-tail Lift can be combined with a facelift.

# After surgery

After surgery, you will speak with the plastic surgeon and nurse, who will inform you of any precautions you must take after surgery, and answer any questions you may have.

## Pain

There may be pain immediately after surgery, and therefore you may need pain medication.

## Seeping from the wound

There may be slight seepage from the wound. It is quite common and does not require treatment.

## **Drainage**

If you have been given a drain, it will usually be removed before you go home, or when you return within a few days.

# **After discharge**

## **Pain and swelling**

After surgery, you may have tenderness and swelling for 1–2 weeks that decreases by the day. Therefore, you may need some over-the-counter pain medication.

## **Sutures and follow-up**

You will have two follow-up appointments with a nurse in the outpatient clinic at seven days and at one month. Your sutures will be removed, and we will talk about how to deal with the scars, etc. going forward.

The plastic surgeon will offer you a follow-up appointment 3–6 months after the surgery, which you should call and book yourself. You are always welcome to contact us if you experience any problems before that.

## **Showering and washing hair**

You must shower on the day after surgery or 24 hours after the drain is removed. To avoid bleeding, only have short and lukewarm showers for the first few days. You may wash your hair when the head dressing has been removed.

## **Head dressing**

After a forehead lift, you will have a dressing on your forehead/head for a week. After one week, the dressing and the clips/sutures from the scalp should be removed at the same time.

## **Discolouration and swelling**

The skin may become discoloured (blue, yellow and green) and swollen in the weeks following the operation.

## **Walking and cycling**

You can go walking and cycling whenever you like.

## **Driving**

You may drive a car once you are able to respond normally in any situation. You should no longer need strong medication for pain.

## **Positioning of your head**

We recommend that you lie with your head high for the first few days following surgery.

Avoid facial strain. For example, sit on a chair when tying laces. Avoid bending your head downwards. Avoid vacuuming for the first week following surgery.

## **Physical activity and sport**

After the surgery, it is advisable to avoid gymnastics, sports and swimming for the first six weeks. Start up slowly.

## **Swimming**

You can bathe and swim without any problems. However, the scabs must have fallen off.

# Possible side effects and complications

Fortunately, there are only a few problems after an endoscopic forehead/brow lift compared to the traditional open lift.

## Reduced sensation

There may be numbness of the scalp after surgery, but sensation often returns to normal over time. For some people, however, it will remain permanent. Following the endoscopic technique, there will only be small areas around the scar that are numb. In some cases, there may be pricking and tingling sensations in the forehead, which will go away on their own within a few weeks.

## Earrings

Do not wear earrings for 2–3 weeks after surgery.

## Dyeing your hair

Avoid bleaching, dyeing or curling your hair for 2 weeks after surgery.

## Sunlight

Avoid sunlight to discoloured areas, as you may risk brown discolouration in these areas.

## Work

You should expect to be home from work for up to 1 - 2 weeks after the operation.

## Scars

The scars after surgery will typically be red and swollen, but hidden on the scalp. They will eventually become narrow and light. Some people may experience some hair loss in and around the scars.

## Infection

Infection may occur in all surgeries and, although this is rare (less than 1%), it may occur nonetheless. This requires antibiotic treatment.

Signs of infection include redness, heat, swelling, throbbing pain, general affected areas, and possibly fever.

If you smoke or are overweight, the risk of infection is greater.

## Bleeding

Bleeding after surgery is rarely seen, but it may occur in the first 24 hours after surgery, and may be so severe that it may require surgery under general anaesthetic to stop it.

## Nerve impact

The scalp nerves may be affected leading to permanent loss of sensation. In addition, there is minor risk of damage to the nerves of the eyebrows and forehead. This risk is lower with an endoscopic lift compared to the traditional lift. In the worst case, this may mean that you will not be able to raise the one eyebrow.





Start with a review  
by one of our talented  
cosmetic specialists.

**Booking:**

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