



How a forehead browlift can rid the face of wrinkles (almost) forever

by Nikki Stephens

Nearly 3 million women and men in the United States kissed their wrinkles goodbye in 2004 with a few Botox injections between the brows; that's 280 percent more people than in 2000. Clearly, Americans are more concerned than ever with looking their best. While Botox is a great temporary fix for those forehead and brow lines, taking the

plunge with a more long-lasting solution to wrinkles was surprisingly easy and a relatively pain free way to look great for one woman.

"I know it doesn't sound true, but for me a forehead browlift didn't hurt as much as Botox," explains 49-year-old Lynn of Las Vegas. Though she's a registered nurse for Dr. George Alexander, one of Las Vegas' premier plastic surgeons, she isn't making that statement

as a member of Alexander's staff: she makes it as his patient.

After five years of Botox injections, Lynn had had enough. "I didn't like doing Botox all the time," she says, explaining that when it comes to needles, "I'm a big wimp." After seeing herself in photos taken after her Botox had worn off, she realized that unless she opted for a forehead browlift, she'd be getting Botox injections for years. "I couldn't even see my upper eyelid area; it was actually pushing down on my eyelashes," she says. "I had to lift that skin to put on eyeliner or makeup."

A forehead browlift won't stop the aging process, but the surgery does smooth the forehead and raise the upper brow and minimizes the frown lines that result from aging. "The procedure is most commonly performed on people in the 40 to 60 age range," says Alexander, noting that even people in their 30s with deep facial furrows and other signs of aging have opted for this procedure.

When you consult a surgeon about having a forehead browlift, the surgeon uses certain parameters to determine if you are a good candidate. He'll evaluate your face, skin and the underlying muscle and bone structure – then evaluate if you have realistic expectations.

"The worst thing about the procedure is that you have some really bad hair days," Lynn says, laughing about the antibiotic ointment that got into her hair after surgery. But it was a small trade-off for great results, which she saw immediately. "Right away I could see that my brow was higher," she says. "And I was back to work after a week."

Months later, she's still raving about the procedure. Patients notice the difference and those who don't know that Lynn's had the procedure, compliment her on her new haircut or think she looks rested from a vacation. Although she didn't tell her family she'd had the procedure, they noticed a change. "I have a sister who is 13 years younger than I. People always thought I was her mom," she says. "My sister-in-law said, 'Wow, you two look like twins,' when I saw them after the surgery."

Those are the precise responses she wanted. "It was exactly what I had hoped for," she says. "I would do this surgery 10 times over doing Botox again." 