

Botox Brow Lift: Is It Worth The Hype?

Having sleek and well-arched brows has been the latest beauty trend over the past years. And for many Hollywood stars and individuals, getting a brow lift is their best-kept beauty secret to attaining a youthful look. Nowadays, facial plastic surgery is not just the option for brow enhancement, and chemical brow lift with Botox is becoming one of the most in-demand cosmetic procedures.

So are Botox brow lifts worth the hype? Botox brow lift can help achieve a younger-looking appearance by relaxing the frown muscles that pull the eyebrows down. At the same time, it reduces the signs of forehead wrinkles and frown lines between the eyebrows. It's gained traction as a safe and minimally invasive treatment that improves the arch of your drooping brow to make you look more alive.

Botox Brow Lift: What It Is And How It Works

On a white background, a woman has thick eyebrows

Aside from fixing the elevation of a sagging brow, Botox cosmetic for brow lift offers more aesthetic benefits for individuals. For one, a Botox injection to the areas in the forehead muscle and above the brows can correct glabellar lines and forehead wrinkles. It also relaxes the orbicularis oculi muscles located near the lower and upper eyelid to fix a droopy brow or hooded eyes for complete facial rejuvenation.

In some people, the issue of eyebrow drooping or brow ptosis is more serious and it can begin to affect their vision and eyelid coordination. Traditionally, getting eyelid surgery or blepharoplasty is the only way to repair droopy eyelids. But it is an invasive surgical procedure that requires the removal of excess sagging skin and fat that cause the muscles to weaken and droop down.

The amazing thing about Botox eyebrow lift is that it is completely not surgical. What makes it work is its muscle relaxing effects when injected into the intended treatment areas. Botox, or botulinum toxin, is a neuromodulator approved by the FDA for both therapeutic and cosmetic purposes.

For years, Botox has been widely used for the treatment of signs of skin aging and dynamic wrinkles like crow's feet, smile lines, nasolabial folds, glabellar and frown lines, and forehead wrinkles. As a wrinkle treatment, it essentially blocks chemical activity that causes muscle contraction which results in limited muscle movement to smooth away visible wrinkles in the facial and forehead skin.

As a direct brow lift and forehead lift surgery alternative, Botox is injected into the orbicularis oculi and corrugator muscles to lift the frontalis muscle and eyebrows up. These muscles are the ones usually engaged in creating facial expressions and they pull the brows and forehead down when frowning or squinting.

Once the Botox brow injection takes effect, the facial muscles will relax which will lead to improvement of the height elevation of the eyebrows. It will fix the asymmetrical position of your eyebrows to restore balance to your facial appearance. Likewise, it will inhibit the contraction of muscles to prevent any new wrinkles from forming on the skin so you can keep your skin looking young.

What To Expect Before And After A Botox Brow Lift Procedure

Before your first injection session, your provider or doctor will perform a brow assessment to identify the specifics of the procedure. The consultation visit will help your doctor determine which areas must be injected with Botox and how many units will be needed to achieve optimal results. You will be asked to close your eyes and relax the forehead to see the natural position of the brows.

Most patients can achieve a successful brow lift with 4 to 6 units of Botox injected at each eyebrow. For treatment of forehead wrinkles, an average of 10 to 20 Botox units may be needed while correcting vertical frown lines or glabellar lines may need 20 to 25 Botox units.

The Botox procedure itself is quick and convenient unlike a surgical procedure for a brow lift. It is given using small needles and they are virtually painless. One session of Botox brow lift can be finished within 15 to 20 minutes.

It's often regarded as a quick lunchtime procedure since most patients can get the injection during their break and they can return to their work and activities immediately after the treatment. The only side effects that may be experienced are temporary injection site pain, swelling, redness, bruising, and sometimes a minor headache.

How Safe And Effective Is The Botox Eyebrow Lift

As long as it is performed by a licensed cosmetic professional or certified Botox injector, the non surgical brow lift is completely safe.

The full effects of the injection can be visible within 10 to 14 days after the procedure. Since it's a cosmetic procedure, one downside of Botox brow lift is that its results are only temporary. The toxin usually does not stay for long in the body and it generally only lasts for three to four months. Some patients can enjoy the results for up to six months if they don't frequently move their facial muscles.

Botox effects usually stop if the injection has fully worn off. In these cases, you may opt to visit your cosmetic provider again to get another round of Botox injections. Depending on your skin condition, you may come back once every three to four months to receive your Botox treatment. As you get frequent Botox injections, your muscles will become less prone to contraction which prevents wrinkles and decreases drooping of the eyebrows over time.

Botox for Non Surgical Brow Lift vs A Surgical Brow Lift

Botox Brow Lift Brow Lift Surgery

Non-invasive Requires making an incision along the hairline

Minimal to zero downtime May need several days to weeks to recover and for incision healing

Fast treatment Can take longer (around 1-2 hours)

Can last for three to six months Results are longer-lasting and can last for years

Both Botox brow lift and eyebrow lift surgery have their own set of advantages. When considering cosmetic surgery for brow enhancement, there are two kinds of approaches depending on the incision method.

The first type is the coronal or the classic forehead lift surgery. It involves creating incision sites behind or along the hairline where the plastic surgeon will pull the forehead skin up. Any excess fat will be removed and necessary adjustments to the muscles will be made in order to tighten the sagging eyebrows and remove the visible wrinkles and lines.

The second type is the endoscopic brow lift. This procedure differs from the coronal brow lift because it uses a small camera or endoscope tool inserted into the incisions to guide the doctor as they make the changes to the eyebrows. The endoscopic forehead lift typically requires only five small incisions in the hairline, making it less invasive than the traditional brow lift surgery.

Botox is a preferred treatment for non-surgical brow enhancement especially since it saves you from any incision scarring and wounds. It also doesn't need a long recovery period whereas getting a brow lift surgery may need at least two weeks of downtime to allow the wounds to heal. You may also need a post-surgery appointment to remove any sutures that were placed in the treatment site.

But compared to the waiting time to see the results of Botox, an eyebrow lift surgery can give almost immediate results. Its effects are also more dramatic and long-lasting compared to the temporary enhancements that Botox injections can achieve. If you have more deep-set wrinkles and severe sagging skin around the eyebrows, a brow lift surgery may be more helpful for you.

How To Know If You're A Candidate For Botox Brow Lift

Anyone with moderate signs of frown lines and horizontal forehead wrinkles can benefit from the Botox brow lift treatment. The cosmetic procedure can provide a quick fix to your tired and heavy-looking brows and droopy eyelids. It also helps correct the uneven position of the eyebrows for a more symmetrical appearance. In some cases, your doctor can also recommend getting Botox after eyelid surgery for best results and to prevent wrinkle formation.

In general, you must be in good health and physical condition before the treatment. You must understand the procedure and have realistic goals and expectations for the Botox brow lift. If you're pregnant or breastfeeding, you will be advised to avoid Botox injections for a while to ensure your safety.

Get The Best Botox Brow Lift Results With Ethos Spa

Botox brow lift is one of the most effective solutions to take the years off your face and restore life to your facial features. Let our team of experts B at Ethos Spa Skin and Laser Center help you regain your confidence. You deserve to look and feel your best.

We also offer other cosmetic procedures for your aging skin such as dermal filler injectables, microneedling, lip injections, and more. To know more about our Botox procedures, call us today.