

Forehead Lift

Browplasty — Your Friendly Guide to a Refreshed, Rested Appearance

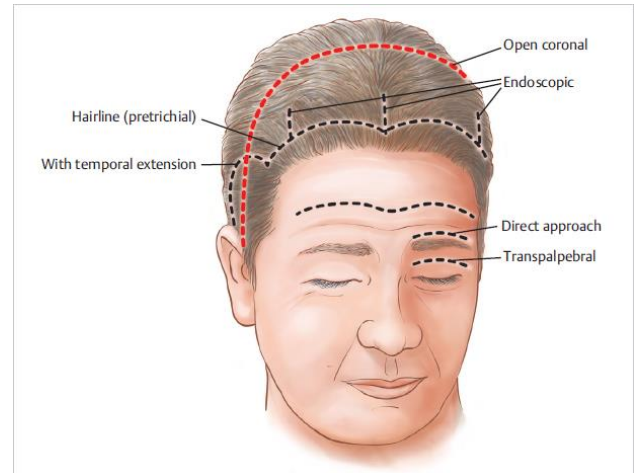
Your friendly, plain-English guide to what to expect — from start to finish.

What is a Forehead Lift?

A forehead lift — also called a brow lift or browplasty — is a surgical procedure that raises the position of the eyebrows, smooths horizontal forehead lines and frown creases, and restores a more youthful, rested appearance to the upper face.

As we age, the skin gradually loses elasticity and gravity pulls the brow downward. The result is a heavy, tired, or even stern expression — even when you feel completely relaxed and happy. A forehead lift corrects this by repositioning the underlying tissues and, where necessary, removing excess skin so that your face reflects how you actually feel.

India has become one of the world's leading destinations for facial rejuvenation surgery. The surgical teams we work with are highly experienced, internationally trained, and deliver results that are natural — refreshed rather than "overdone."



What Can a Forehead Lift Improve?

✓	Drooping or heavy brows that make you look tired, stern, or older than you feel
✓	Deep horizontal lines across the forehead
✓	Frown lines and vertical creases between the brows (the "11" lines)
✓	A permanently furrowed or worried-looking expression at rest
✓	Sagging brow skin that weighs down the upper eyelids
✓	Loss of the natural arch and definition of the brow
✓	Self-consciousness about facial expressions that don't reflect your mood or personality

Are You a Good Candidate?

✓	You are a healthy adult with realistic expectations for the outcome
✓	You are concerned about drooping brows, forehead lines, or a tired upper-face appearance
✓	You are a non-smoker — or willing to stop well in advance of surgery (smoking significantly increases healing risks, particularly near incision sites)

✓	Your skin has reasonable elasticity — ideal candidates are typically aged 35–65, though younger patients with genetically low brows also benefit greatly
✓	You are not planning other major surgical procedures at the same time, unless already discussed with your surgical team
✓	You understand that a forehead lift addresses the upper face — if the mid or lower face is also a concern, a combined approach may be discussed

...	<i>Not sure if a forehead lift is the right option for your concerns? That's exactly what the consultation is for. Your surgeon will assess your facial anatomy, discuss your goals, and recommend whether a forehead lift — or a combination approach such as a brow lift with eyelid surgery — is the best fit for you.</i>
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How the Surgery Works — Step by Step

1	Anaesthesia A forehead lift is performed under general anaesthesia. Your anaesthetist will fully explain what to expect before the procedure begins.
2	The technique — endoscopic or open Most patients today are well suited to an endoscopic brow lift, where the surgeon makes 4–5 small incisions within the hairline and uses a tiny camera (endoscope) to reposition the tissues with minimal scarring. For patients requiring more significant lifting, a coronal or hairline approach may be used — your surgeon will explain which technique is right for your anatomy.
3	Tissues are repositioned The underlying muscles and soft tissues of the forehead are carefully repositioned and, where needed, trimmed. The deep muscles responsible for frown lines may be gently released, softening the creases between the brows.
4	The brow is elevated The brow is lifted to a more youthful, natural position. Your surgeon will aim for a result that looks refreshed and balanced — not tight, surprised, or unnatural.
5	Incisions are closed The small incisions within the hairline are sutured closed. Because they sit within the natural hairline, any resulting scars are typically very well concealed and fade considerably over time.
6	Support applied A light dressing or compression wrap may be applied to support healing and minimise swelling in the first 24–48 hours.

👉	<i>Be completely honest with your surgical team about your full health history, all medications and supplements you take (including vitamins, fish oil, and herbal products), and whether you smoke. This information is what keeps you safe — there is no judgement, only care.</i>
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Recovery Timeline

Timeline	What to Expect
Days 1–3	Swelling, bruising, and tightness around the forehead and brow — completely normal and managed with prescribed medication. Head elevation helps reduce swelling. Rest is important.
Days 5–10	Sutures or staples removed. Most bruising and swelling begins to settle. You will start to get a sense of your result, though final position takes time to fully establish.

Weeks 2–3	Return to light work and daily activities. Avoid bending, heavy lifting, or vigorous exercise. Some numbness or tingling in the forehead and scalp is common and gradually resolves.
Weeks 4–6	Progressive return to full activity. Brow position continues to settle into its final, natural resting place.
Months 3–12+	Final result fully established. Incision lines continue to fade and soften. Forehead lines smoothed, brow lifted, and an overall more rested and refreshed appearance.



A note on combining procedures: a forehead lift is frequently combined with upper eyelid surgery (blepharoplasty) for a more comprehensive upper-face result. If your surgical team recommends performing these in two separate sessions with 2–3 days in between, this is standard practice and is done for your safety and comfort.

Risks — The Honest Bit

Every surgical procedure carries some level of risk, and we want you to feel fully informed. Your surgeon will talk through all of these with you before you proceed.

!	Swelling and bruising — expected and temporary, most resolves within 2–3 weeks
!	Temporary numbness or altered sensation in the forehead and scalp — usually resolves over several months
!	Infection or poor wound healing — higher risk for smokers
!	Visible scarring — incisions are placed within the hairline to minimise this, but individual scarring varies
!	Hair loss near the incision sites — usually temporary, occasionally permanent
!	Asymmetry — minor differences in brow height or position, most resolve as swelling settles
!	Over-correction — giving a surprised or unnatural appearance; skilled technique minimises this risk significantly
!	Risks associated with general anaesthesia — your anaesthetist will fully explain these
!	All medications — including vitamins, supplements, and blood thinners such as fish oil, vitamin E, and aspirin — must be disclosed to your surgeon and ceased as directed, typically at least two weeks before surgery



Feeling nervous is completely normal and absolutely understandable. Please share any concerns — big or small — with your surgical team before and during your trip. They have helped many people through this and are genuinely there to support you every step of the way.

Cost Comparison — India vs New Zealand

Cost Item	India (NZD approx.)	NZ (approx.)
Forehead / Brow Lift	~ \$3,500 – \$5,500	~ \$5,000 – \$12,000
Endoscopic Brow Lift (minimally invasive)	~ \$3,000 – \$4,500	~ \$4,800 – \$8,000

Brow Lift + Eyelid Surgery (combined)	~ \$5,500 – \$9,000	~ \$10,000 – \$18,000
Pre-op tests & consultation	Included	~ \$500 – \$1,000

Please note: GST of 18% is applicable on all cosmetic surgery procedures performed in India and will be added to your surgical quote by the hospital. All surgical costs are paid directly to the hospital. JBTG logistics fees, airfares, and accommodation are quoted separately. NZ pricing sourced from current NZ private surgical providers — ranges reflect variation between technique, surgeon, and facility.

i About JBTG Limited's Role. JBTG Limited (Bums, Tums & Gums) is your logistics organiser and tour escort — not a medical professional. Your surgical contract, all clinical decisions, and your medical records are between you and the hospital directly. Our job is to get you there safely, support you throughout, and bring you home.

Ready to Find Out More?

Getting started is simpler than you might think:

1	Get in touch Call or email us for a no-obligation chat. Tell us a bit about what you're hoping to have done.
2	We connect you with our India brokers Our trusted on-the-ground medical brokers identify the right surgeon and hospital for your specific needs.
3	You receive a personalised quote The surgical team provides a detailed quote once your information has been reviewed.
4	We arrange everything Flights, hotel, all transfers, and your full logistics package — all taken care of.
5	We travel with you You're not going alone. Your JBTG escort accompanies you throughout the entire trip.

Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enroll directly through our dedicated link at www.globalprotectivesolutions.com/enroll/bumstumsgums. A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel.

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*Forehead Lift patient guide | All surgical costs paid directly to the hospital | JBTG Limited provides logistics only
Prices are indicative only and subject to change. NZ pricing sourced from current NZ private providers. All medical information is for general guidance — please consult our surgical team for personalised advice.*