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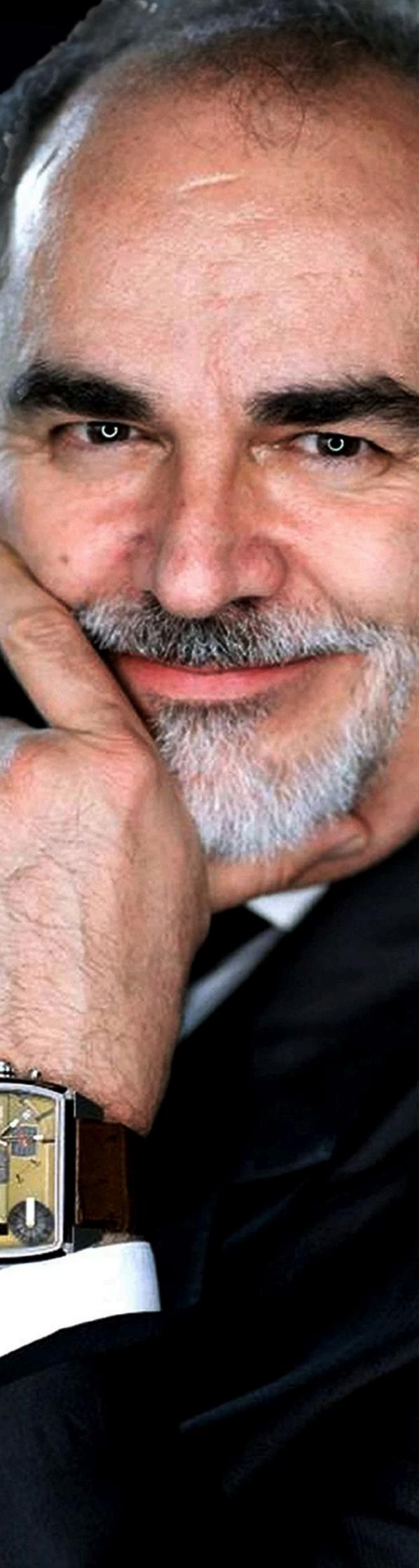
BROW LIFT OR CANTHOPLASTY SURGERY

Dr. Mucio Porto



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Who is Dr. Mucio Porto and why talk about eyebrows?

Hi, how are you? If you've made it this far, it's because you're curious about facial aesthetics – and you've probably already looked in the mirror and thought: "something about my gaze has changed...". Well, you're not alone! My name is Dr. Mucio Porto, I've been a plastic surgeon for over 20 years, and today I want to chat with you about something that makes a huge difference in facial expression: eyebrows.

We don't always notice it, but over time, they start to "descend," losing that beautiful, light arch we once had. This gives the face a more tired, heavy, and even sad appearance. And it doesn't have to be extreme, you know? Sometimes, it's just millimeters that make all the difference.

Here, I want to show you how eyebrow lift surgery – also called brow lift or Castanares surgery – can restore freshness and lightness to your gaze. Without exaggeration, without that fear of "looking surprised." Let's talk as if we were on a live stream, with simple, direct, and welcoming language. Ready to understand how to lift your spirits (and your gaze) too?



What is eyebrow lifting?

Imagine your face is a frame, and your eyebrows are the top of that frame. If they are droopy, everything below seems more "melted," sadder. Eyebrow lifting is precisely a procedure to reposition these structures, restoring that rested and youthful look to the face.

But don't think of anything scary! No "pulling too much" or leaving an artificial expression. The goal here is subtlety. The surgery can be done in several ways, and the choice depends on your face, your skin, and of course, your desire. Some people need to lift the outer corner more, others need something more central... each case is unique!

And guess what's best? The results are not just aesthetic. Many patients say they feel more confident, lighter. It's as if their facial expression starts to match the energy they feel inside. And that's what we want: harmony. A livelier, more open, more *you* look.

On the next page, I'll explain why eyebrows droop – and you'll be surprised by the reasons!





Why do eyebrows fall with time?

Have you ever looked in the mirror and thought: “I think my eyes are smaller”? In fact, what often happens is that your eyebrows have changed position. Over time, the skin loses collagen, muscles become more flaccid, and gravity starts to act—yes, it's relentless! Eyebrows, which used to be more arched and high, slowly descend, giving that tired look even after a good night's sleep.

And you know what's curious? This happens so subtly that many people take a long time to notice. They start noticing that their makeup doesn't fit anymore, that their gaze is more "closed," and sometimes they even think it's just age or stress. But no, it's structural! The face changes over time, and eyebrows play a huge role in this transformation.

Additionally, genetic factors, sun exposure, repetitive forehead movements, and even how we sleep can influence this. It's as if, little by little, the “roof” of your gaze is lowering. But the good news is that yes, you can lift that spirit—and with naturalness!



Did you know that your expression changes with eyebrow position?

Have you ever seen someone who always looks angry or sad, even if they're not feeling that way? Often, it's just the position of their eyebrows that's conveying the wrong emotion. The truth is, our eyebrows are like "commas" on the face — they shape how others perceive what we're feeling.

When eyebrows droop, the gaze loses its openness. This gives a more closed-off, tired, and even slightly aged look. Now, when they are slightly arched, with that natural curve, everything changes: the face becomes more illuminated, expressive, and conveys lightness. It's like turning on a light from within the gaze.

And we're not talking about a radical transformation, you know? Sometimes, just 1 centimeter of elevation makes all the difference. It's like adjusting the right camera angle for a perfect selfie — everything fits better. Eyebrow lifting has the power to restore your original expression, or even improve something that always bothered you but you thought had no solution.





Canthoplasty Surgery: A Fancy Name, Surprising Results

After discussing eyebrow lifting, know that this procedure is also known as **canthoplasty surgery**. Despite the "sophisticated" and different name, it's the same eyebrow lift.

The term "canthoplasty" comes from anatomy, referring to the region near the hairline, where surgical access points are made. The great advantage is that the incision is completely hidden in the hair, making it imperceptible, but the result is visible and impactful on your gaze.

This technique allows eyebrows to be lifted strategically and delicately, respecting the shape of your face. Due to its discreet access, recovery is usually quick and smooth. The result is a natural change that enhances your beauty and expression, often perceived as a "you look different, more beautiful!"





How is the procedure done?

Relax, no need to be nervous! Eyebrow lifting, or canthoplasty surgery, is simpler than it sounds. I always like to explain everything clearly, without beating around the bush. The surgery is performed with local anesthesia and sedation — meaning you sleep peacefully and wake up feeling nothing. General anesthesia is not required in most cases.

The most common technique involves small incisions along the hairline, well-hidden. Through these, we access the tissues and reposition the musculature and skin, raising the eyebrows to the right measure. The secret lies in precision: lifting without overdoing it, respecting the natural shape of your face. Less is more!

The entire procedure lasts about 1 to 2 hours. Afterwards, the patient can go home on the same day. Yes, it's surgery, but with a much smoother recovery than imagined. Of course, you'll need to take care — and we'll discuss this thoroughly before and after the procedure. The important thing is to know that the process is safe, controlled, and designed to make you even more beautiful, without losing your identity.



Will I look surprised?

Oh, that's one of the most common questions I get at the clinic! A lot of people come in already asking: "Doctor, I don't want that stretched look, with my eyebrows way up like I just got shocked!" And honestly, I totally get that fear. We've all seen some extreme cases out there that are, well... scary.

But let me reassure you: when a brow lift is done with care and proper technique, that risk is almost nonexistent.

The goal isn't to give you a different face — it's to restore what time has taken away. I like to say it's like "ironing out" your expression. We gently reposition the brows in a subtle way that keeps things natural. Your eyes will look more open, more awake — but still *you*.

Everyone's anatomy is different. Some people need a lift at the outer corners, others just in the middle of the brow. That's why personalized evaluation is so important. Nothing here is one-size-fits-all. Everything is tailored specifically to you.

So you can let go of that worry — a well-done brow lift doesn't scream "surgery."





Recovery: What to Expect After Surgery

Okay, so now you understand how a brow lift works — but what about after? What's the recovery like? The good news is that even though it's a surgical procedure, the recovery is usually smooth and pretty quick. No need to stay locked at home for weeks, okay? Most people can get back to light activities within just a few days.

During the first 2 to 3 days, it's normal to have a bit of swelling or light bruising around the eyes or forehead. That's just your body's natural reaction to the procedure. But with cold compresses and the right aftercare, it goes away quickly. The incisions are hidden in the scalp, so you don't have to worry about visible scars — they'll disappear even for people who touch or style your hair!

It's important to avoid physical exertion, stay out of the sun, and follow all medication and care instructions carefully. Full recovery takes a few weeks, but improvements can already be seen in the first few days. And the best part? Since the results appear gradually, people around you will just think you look more refreshed and beautiful — without knowing exactly what changed.





Who Can Get It – and When Is the Right Time?

You might be wondering, “Is this surgery right for me?” The answer is: it depends! There’s no “perfect age” for a brow lift. What matters most is how *you* feel about your appearance. Some people in their early 30s already notice their brows starting to droop and feel bothered by a tired look. Others only notice it in their 50s or 60s. It’s very personal.

The ideal time is when you look in the mirror and feel like your eyes no longer reflect your energy. When makeup no longer helps, or when you start to notice heaviness in your forehead or folds forming over your eyelids — that’s when it might be time to talk to a specialist.

The goal isn’t to change who you are, but to help you reconnect with your image.

And no, it’s not just for women! More and more men are also seeking this type of enhancement — and when done well, the results are subtle yet powerful. The key is always respecting the natural shape of the face and keeping everything looking authentic. With the right technique, no one will know you’ve had surgery. They’ll just notice something about you looks lighter, more refreshed.



"Imagine looking in the mirror and seeing yourself renewed."

Close your eyes for a moment and imagine yourself, a few weeks from now, looking in the mirror. Your gaze is lighter, more open, more *you*. That tired look that didn't match your energy? It's gone. In its place, a calm, vibrant expression that truly reflects who you are on the inside.

That's what brow lift surgery is all about. It's not about changing your face — it's about restoring harmony. It's like rediscovering the version of you that had been hidden beneath the weight of time. And when you feel good about the way you look, everything shifts: your confidence, your posture, even the way you connect with the world.

The most beautiful part of this journey is realizing that the power to transform is in your hands. My role is to guide you with safety, integrity, and care. And if you feel the time is right, I'll be right here to walk this path with you.





Schedule Your Transformation Today and Save!

First, I want to congratulate you for taking the time to learn more about brow lift surgery or lateral brow correction! My goal here was to show you that there is a definitive and accessible solution for something that may have been bothering you for a long time.

Now, I want to speak directly to you: this is your chance to transform not just your appearance, but also how you *feel* about yourself. Imagine putting on that outfit you love — with no insecurity. Imagine looking in the mirror and smiling, knowing you made the decision to take care of yourself. That's the power of an informed choice.

That's why I want to offer you a special incentive to take the next step:

A special discount on the procedure you choose.

This is my way of showing you that the *first step* is the most important — and you don't have to take it alone.

Booking your consultation is simple. Just message us on WhatsApp at **+55 61 8288-4546**, let us know you read this eBook, and my team will help schedule your appointment at the most convenient time for you.

Remember: the best time to take care of yourself is *now*. Don't put off the chance to feel more confident, more free, and happier. I'm here to help you get there — with safety, care, and real results.

Shall we do this together?

I'm excited to welcome you to the clinic and be part of your transformation!

