

## Blepharoplasty

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### About

The upper and the lower eyelids consist of skin with muscle and fat underneath. They protect the eyeball by allowing opening and closing of the eyelids.

Surgery on the eyelids, also known as blepharoplasty, may be undertaken for cosmetic or medical reasons. For example, if there is too much skin this may interfere with vision or a loose lower eyelid may cause the eye to dry out and require surgery to correct it.

The majority of people who decide to have eyelid surgery usually do so for cosmetic reasons. The vast majority of those who decide to have cosmetic surgery to make their eyes look more youthful are happy with the results.

### Indications

The skin muscle and fat of the eyelids change with ageing, just like skin elsewhere in the body.

Sometimes the eyelid tissues become too loose because of loss of elasticity and simply the effect of gravity. This results in drooping of the upper lid skin and sometimes the appearance of bags particularly at the inner corner of the eye.

In the lower lid a loss of elasticity of the lid may cause it to droop. Bags may also appear in the lower lid.

If any of the above is of main concern to you then you are potentially a good candidate for

blepharoplasty.

### Consultation with your surgeon

Your surgeon will make sure that cosmetic eyelid surgery is the correct procedure for you after having examined your eyelids and discussed with you all options including non-surgical treatments.

On occasion, achieving the desired result will involve procedures that do not directly involve the eye area. For example, upper eyelids sometimes look droopy because the forehead skin has sagged. If the forehead skin has dropped, a brow lift might be required to achieve a desired result. This can be done surgically or sometimes simply by using a Botox injection.

Your surgeon will offer advice and guidance to help you make the right decision about the surgery that best meets your particular needs and expectations. Photographs of your face and eyes will be taken to show the way your eyelids look. The photos also will be kept as a record to compare the way you look before and after surgery.

You will be advised about pre-operative preparation, which will include no smoking at least 2 weeks before surgery, reducing your alcohol intake and not taking aspirin or anti-inflammatory medication that can cause bleeding.

Contact us today to arrange a consultation with one of our specialist doctors who will be happy to discuss eyelid surgery with you, as well as answer any questions you may have.

## Surgery Explained

The surgery may be done under local anaesthetic although it is sometimes better to use general anaesthesia. Whether you are awake or asleep, the surgery should be pain free so you can remain relaxed and comfortable.

The upper eyelids are marked prior to surgery to make sure that the right amount of skin is removed. It is always better not to remove too much skin and not to try to do too much. This ensures that a natural appearance is maintained.

It is often not necessary to alter the lower eyelids. However if required the 4 eyelids will all be done at the same time.

For **eye bags** the *arcus marginalis* release may be performed which is a surgical technique, by which fat is advanced rather than resected to reconstruct the soft tissue of the lower lids. The result is a smooth contour and not the hollowing of the orbit observed with traditional lower blepharoplasty.

The time taken depends on the complexity of the surgery involved. This can be between 1 to 2 hours or sometimes even longer.

The skin is closed with very fine stitches. Mostly one continuous or long stitch is used which is removed after about a week or sometimes sooner.

## Aftercare

Scars resulting from this procedure are hidden in the skin creases of the eyelids so that they are well disguised and most incisions are virtually invisible after approximately three months. Makeup can be used after about 2 weeks to help camouflage slightly visible scars.

Most swelling and bruising usually reduces quickly but there will be mild swelling which looks like slightly puffy eyes for a few weeks or longer.

You will be given an antibiotic ointment to apply

sparingly to the incisions.

It is important to stop your eyes from becoming dry, so artificial tears or a lubricant may be applied if required.

A return to work is usual after 2 weeks. A phased return to physical exercise is advised, while vigorous exercise is to be avoided for about a month.

Smoking is highly inadvisable for at least 2 weeks after surgery.

## Complications

Complications are very unusual if you follow the post-op instructions.

Your surgeon will deal with any problems that may arise or answer any questions that you have after surgery. You will also be provided with written instructions to help you remember the do's and don'ts that will help to keep your recovery on track.

Most people who take the plunge and decide to have cosmetic surgery to make their eyes look more youthful are happy with the results.

## Non-surgical options

For those who long for a more youthful look without bags or laxity of their eyelids but opt for non-surgical treatments **SFMedica** would highly recommend eye *mesotherapy*.

Eye mesotherapy is micro-injections in the delicate area around the eyes combining a variety of therapeutic agents depending on your individual problem and needs. Eye mesotherapy can also be used in conjunction with blepharoplasty for optimal results. We would be more than happy to discuss all treatment options and help you make the right decision for your problem.