



eyelid surgery *(blepharoplasty)*

Eyelid surgery, also known as Blepharoplasty, aim to correct the sagging skin on the upper lids and puffy bags below your eyes that can make you look older and more tired than you really feel. Sometimes this procedure has also a health benefit, as it helps improve your vision by removing the excess skin that restricts your field of view.



It is important to know that blepharoplasty won't remove crow's feet or other wrinkles, eliminate dark circles under your eyes, or lift sagging eyebrows.



about eyelid surgery

Blepharoplasty can help enhance your appearance and your self-confidence. It can help bring a refreshed look to your eyes, but it won't necessarily change your looks to match your ideal, or change your life.



The best candidates for eyelid surgery are men and women who are physically healthy, and realistic in their expectations. Bear in mind that upper eyelid surgery will not erase evidence of your ethnic or racial heritage. Blepharoplasty can be performed alone, or in conjunction with other facial surgery procedures such as a facelift or brow lift.



After surgery the upper eyelids no longer look saggy and the skin under the eyes is smooth and firm. Healing is a gradual process, and your scars may remain slightly pink for six months or more after surgery. For many people the alert, youthful look as a result of eyelid surgery is permanent.

your consultation

Now you will have the chance to talk to your surgeon about what you are hoping to achieve.

During your consultation your surgeon will take a full medical history and will talk to you about the results you can expect from blepharoplasty. He will also walk you through the risks and limitations of this procedure and will advise of any other surgery you might need in conjunction with the eyelid surgery.



reparing for surgery

After a thorough examination, your surgeon will take a full medical history and will ask you about any allergies that you may have, disorders, past illnesses, if you are a smoker or on any medications. This includes vitamins, herbal supplements, and over the counter medications.

Before your surgery:

- You must stop eating and drinking 6 hours before your surgery appointment.
- You should not take aspirin or anti-inflammatory medicines such as ibuprofen for 3 weeks before surgery.
- Avoid alcoholic beverages for 24 hours prior to surgery.
- Stop or reduce smoking for at least 2 weeks prior and after surgery.
- You must arrange for someone to take you home and make sure you are comfortable.
- You must also arrange for a responsible adult to stay with you for the first 24 hours following surgery.
- Wear loose and comfortable clothing on the day of surgery.
- Do not wear any false eyelashes, contact lenses, jewellery, makeup or nail polish.
- Please bring your prescription medication (pain medication, nausea medication, antibiotics, etc) with you on the day of surgery.
- You are advised to shower and shampoo before the procedure and to wash your eyebrows.

your operation

Blepharoplasty usually takes one to three hours, depending on its extent. Your surgeon will make incisions following the natural lines of your eyelids, in the creases of your upper lids, and below the lashes in the lower lids. The incisions may extend into the crow's feet or laugh lines at the outer corners of your eyes. He will then separate the skin from underlying fatty tissue and muscle, remove excess fat, and trim sagging skin and muscle if needed. At the end of surgery, the incisions are closed with fine sutures.

Some people have a pocket of fat beneath the lower eyelids but don't need to have any skin removed. In this case the surgeon will perform a transconjunctival blepharoplasty. He will make an incision inside patient's lower eyelid, leaving no visible scar. The incision is then closed with dissolving sutures. This procedure is usually performed on younger patients with thicker, more elastic skin.



Eyelid surgery is usually performed under local anaesthesia that numbs the area around your eyes, along with oral or intravenous sedatives. You'll be awake during the surgery, but relaxed and insensitive to pain. A fairly common procedure, you will be able to go home afterwards.

recovery

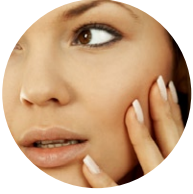
After surgery, your doctor will lubricate your eyes with ointment and may apply a bandage. Your eyelids will feel tight and sore as the anaesthesia wears off, but you will be given pain medication to wear off the discomfort.

- Keep your head elevated for several days.
- Use cold compresses to reduce swelling and bruising. (Bruising varies from person to person and generally lasts between two weeks to a month.)
- Our dedicated nurses will show you how to clean your eyes, which may be gummy for a week or so.
- For the first few weeks you may also experience excessive tearing, sensitivity to light, and temporary changes in your eyesight, such as blurring or double vision.
- The stitches will be removed two days to a week after surgery. This will help the swelling and discoloration around your eyes to gradually fade.

In most cases, Dr. Eleftheriou will use resorbable stitches that do not need removal. In case of the normal ones, he will remove them on day 4-5 after surgery. This will help the swelling and discoloration around your eyes to gradually fade.

Most people feel ready to go back to work in a week to 10 days. By then, you'll probably be able to wear makeup to hide the bruising that remains. Don't worry if you feel sensitive to sunlight, wind, and other irritants for several weeks. To avoid bigger discomfort, please wear sunglasses and a special sunblock made for eyelids when you go out.

- You will be able to read or watch television after two or three days.
- You won't be able to wear contact lenses for about two weeks, and even then they may feel uncomfortable for a while.
- You should keep your activities to a minimum for three to five days.
- Avoid more strenuous activities for about three weeks. It's especially important to avoid activities that raise your blood pressure, including bending, lifting, and rigorous sports.
- You should also avoid alcohol, since it causes fluid retention.



risks and complications

A few medical conditions make blepharoplasty more risky. They include thyroid problems such as hyperthyroidism and Graves' disease, dry eye or lack of sufficient tears, high blood pressure, cardiovascular disease, and diabetes. A detached retina or glaucoma is also reason for caution. Please check with a specialist before deciding on having blepharoplasty.

All surgery carries some uncertainty and risk, but complications are infrequent and usually minor. Nevertheless, there is always a risk of infection or a reaction to the anaesthesia. These can be avoided by closely following the surgeon's instructions both before and after surgery.

Minor complications as a result of blepharoplasty include double or blurred vision for a few days; temporary swelling at the corner of the eyelids; and a slight asymmetry in healing or scarring. The tiny whiteheads that may appear after your stitches are taken out can be easily removed by your surgeon with a very fine needle. Also, after surgery you may experience difficulty in closing your eyes while sleeping. Don't worry, this is only temporary.