

EYELID SURGERY

Reveal and Rejuvenate

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Knowledge is Beautiful

If you are considering improving the appearance of your eyelids with surgery, there are several things to think about to ensure that you are making an informed decision. Eyelid surgery, also known as blepharoplasty, removes excess, sagging skin and possibly fat that is responsible for a sad and tired appearance. After this procedure, you will appear more rested, refreshed, and alert.

EYELID SURGERY MAY BE RIGHT FOR YOU, IF:

- You have excess skin obscuring the natural fold of the upper eyelids
- You have loose skin hanging down from the upper eyelids, impairing your vision
- Your upper eyelids have a puffy appearance, making you look tired
- Your lower eyelids have excess skin and fine, “crepe paper type” wrinkles
- You have bags and dark circles under your eyes
- Your lower eyelids droop
- You are healthy and have realistic expectations

A MEMBER OF THE AESTHETIC SOCIETY

There is nothing more important than choosing the right plastic surgeon. With a member of The Aesthetic Society, you can rest easy, knowing you are in good hands.



BEYOND BOARD CERTIFIED

Unlike some plastic surgeons, members of The Aesthetic Society are board-certified by accredited boards, like the American Board of Plastic Surgery (ABPS) in the US, which require the highest level of education, training, and experience.

Do not be confused by other official-sounding boards and certifications. The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name.



*If you live outside the United States or Canada, check your surgeon's affiliation with the International Society of Aesthetic Plastic Surgery (ISAPS). Canadian plastic surgeons are certified by the Royal College of Physicians and Surgeons of Canada.

Preparing For Surgery

Preparation for surgery begins after your plastic surgeon examines you and discusses the details of the procedure. Your plastic surgeon will provide thorough preoperative instructions, answer any questions you may have, take a detailed medical history, and perform a physical exam to determine your fitness for surgery. You may be asked to undergo a medical evaluation or to have lab tests prior to surgery. Your surgeon may also ask you to visit an ophthalmologist, if necessary. Drinking lots of water before and after the procedure is essential for safe recovery and optimal outcomes.

BEFORE YOUR PROCEDURE, YOUR SURGEON WILL DISCUSS WITH YOU:

- The impact that smoking and tobacco products have on your surgery. Your surgeon may recommend that you stop smoking and using other tobacco products, including nicotine patches, gum, and nicotine-containing electronic cigarettes before surgery.
- The importance of avoiding aspirin, nonsteroidal anti-inflammatory medications (NSAIDs: Advil, Motrin, Aleve), and vitamins or homeopathic regimens before surgery, since these products can increase bleeding.

Eyelid surgery may be performed on an outpatient basis or with a brief hospital stay, usually no longer than one night. Whether you are released the day of surgery or the following day, you should arrange for someone to drive you home and to stay with you for the next day or two.



Your surgeon will provide complete instructions on preoperative and postoperative care. Read the instructions carefully to ensure that you fully understand them and know what to expect before, during, and after your procedure.

Procedural Steps

STEP 1 | ANESTHESIA

Eyelid surgery can be performed under general anesthesia but may be done under local anesthesia with sedation. Medications are administered for your comfort during the surgical procedure, which your surgeon will discuss with you.

STEP 2 | THE INCISIONS

Depending on whether your plastic surgeon recommends upper or lower eyelid surgery, the following incisions may be used:

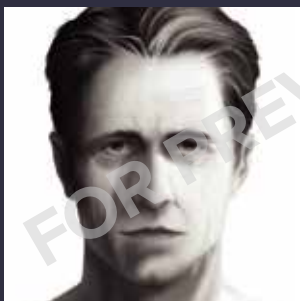
- Upper lid blepharoplasty—The incisions are made within the natural fold of the upper eyelid and extend slightly beyond the outside corner into the laugh lines or other existing creases.
- Lower lid blepharoplasty—The incisions are made either under the lower lid eyelashes or on the inside of the lower eyelid.



Before surgery. Upper eyelid surgery removes wrinkled folds of skin on the upper lids that can create hooding. Lower eyelid surgery removes puffy under-eye bags.



Incisions follow the natural contour lines of your upper and lower lids. Stitches close the incisions. Incision lines fade and blend into natural creases.



After surgery, your appearance is brighter, more alert, and rested.

STEP 3 | THE PROCEDURES

Upper Lid Blepharoplasty

During this procedure, excess loose skin and possibly fat are removed from the upper eyelid. If sagging eyebrows are contributing to a droopy eye area, your surgeon may recommend a brow lift, which can usually be performed during the same surgery, or fat grafting to add youthful fullness in the upper orbital area below the eyebrows.

Lower Lid Blepharoplasty

This procedure removes or repositions excess fat from under the lower eye. Extra skin or muscle may also be removed at the same time. Your surgeon may suggest enhancing results of a lower lid blepharoplasty with laser resurfacing or chemical peels to further tighten loose skin and minimize wrinkles. Fat grafting may be recommended to fill in “hollows” that often occur around the lower eyelids and upper cheek. Your surgeon may discuss with you the need for a lower eyelid suspension (canthoplasty or canthopexy) if he or she feels that you are at risk for a lower lid droop (ectropion). While eyelid surgery can be performed on its own, it is frequently combined with a brow lift, facelift, or other facial rejuvenation procedures to achieve a more uniform, harmonious facial appearance. Additionally, other treatments may be considered, such as neuromodulator injections, fat grafting to add fullness in the upper eyelid area and to erase dark eye circles, or chemical peeling or laser resurfacing procedures to smooth crow's-feet. Your plastic surgeon can provide further information if you have an interest in any of these procedures.

STEP 4 | THE RESULTS

After eyelid surgery, expect some swelling and possible bruising that usually resolves in the first week. You may also feel a “tight” sensation around your eyes, which is normal.



Recovery, Safety and Risks

After surgery, you and your caregiver will be given detailed instructions about your postsurgical care, normal symptoms you may experience, and signs of potential complications. Typically, the greatest amount of discomfort is experienced within the first forty-eight hours following eyelid surgery. The level of discomfort usually diminishes day-by-day and may be effectively treated by various pain medications. The first few days after surgery, you should rest quietly with your head elevated. Your surgeon may instruct you to apply cold compresses to your eyelids. Your vision may be blurry for a few days or longer, your eyes may be temporarily sensitive to light, and you may experience excess tearing or dryness. Stitches are usually removed within a week of surgery.

You should avoid strenuous exercise, straining, bending, and lifting until cleared to do so by your plastic surgeon. Your plastic surgeon will instruct you about returning to work and normal activities.

SURGERY RISKS

All surgery has risks and potential complications. Your surgeon will go over this information with you. Be sure you understand these potential complications before proceeding with any surgical procedure, as no surgeon can offer risk-free surgery or guarantee a perfect result.

Final Results

After surgery, your eyes will have the alert, bright-eyed appearance associated with youthfulness.

HOW LONG WILL THE RESULTS LAST AFTER EYELID SURGERY?

The results of your eyelid surgery should be long-lasting. Many patients experience enhanced self-image as a result of the procedure.

MAINTAINING A RELATIONSHIP WITH YOUR PLASTIC SURGEON

You will return to your plastic surgeon's office for follow-up care at prescribed intervals, at which time your progress will be evaluated. Many surgeons encourage their patients to come back for periodic checkups to observe and discuss the long-term results of surgery as well as maintenance of the results.

Please remember that the relationship with your plastic surgeon does not end when you leave the operating room. If you have questions or concerns during your recovery or need additional information at a later time, you should contact your plastic surgeon.

Questions to Ask My Surgeon



FEEDBACK ABOUT MY CASE, GOALS, AND PROCEDURE

1. Am I a good candidate for eyelid surgery?
2. Are my desired results reasonable and realistic?
3. Do you have eyelid surgery before-and-after photos?
4. What type of eyelid procedure(s) do you recommend for me?
5. Where do you plan to make the incision(s) and will the scars be visible?
6. What kind of anesthesia will be administered?
7. What are the costs associated with my eyelid surgery?
8. What can I do to help get the best results?

POSTOPERATIVE QUESTIONS

1. What kind of recovery period can I expect, and when can I resume normal activities?
2. How can I expect my eyes to look over time?
3. What are the risks and complications associated with my procedure?
4. How often and what types of revisions may be needed after my eyelid surgery?

Your Next Step

After reading about eyelid surgery, you understand more about what this procedure is and what it can do for you. Your plastic surgeon will tell you whether you are a good candidate for the procedures that interest you and the kind of results you can expect. Your surgeon will also provide detailed information about risks, possible complications, and potential benefits. Advances are constantly being made in the field of cosmetic plastic surgery, and your plastic surgeon may also present his or her preferred variations to the surgical techniques described in this booklet. If there is a cosmetic procedure that you have heard about from another source, such as a magazine article, TV program, or on social media, ask your plastic surgeon whether it will benefit you. If there are any problems or safety concerns, your surgeon will alert you to those issues.

Above all, confide in your plastic surgeon by thoroughly discussing your goals, expectations, and concerns. Your plastic surgeon's most important job is to help you safely and comfortably achieve physical well-being and satisfaction with your appearance.

For more information about aesthetic medical procedures, visit theaestheticsociety.org, the most comprehensive collection of information online.



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