

# Cosmetic® Eyelid Surgery



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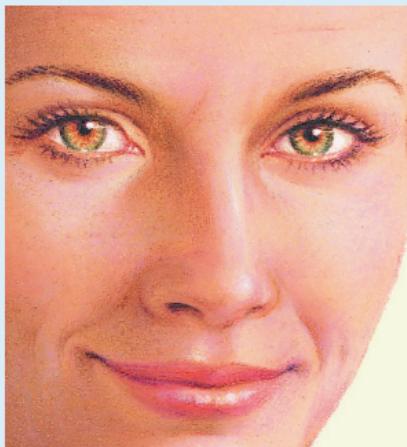
*The Symbol of Excellence in Plastic Surgery®*

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## THE EYES ARE OUR MOST

INTRIGUING AND

REVEALING FACIAL

FEATURE - they draw

attention and convey

expression. Through them,

we not only see others but

others see us as well. Our

interest and how we feel

physically or emotionally is

reflected in our eyes.

Unfortunately hereditary

factors and the signs of aging

can greatly impact the appearance of our eyes, so that what they reflect is not really how we feel.

If you are bothered by upper eyelids with excess, drooping skin that makes you appear sad or angry, or by eyes that look tired due to puffiness or bags, cosmetic eyelid surgery may be right for you. In general, eyelid surgery corrects the excess skin, tissue and fat that contribute to puffiness and bags in both the upper and lower eyelids, revealing a more youthful and energetic appearance.

This brochure presents an overview of cosmetic eyelid surgery. The best way to learn how eyelid surgery can help fulfill your personal goals is a consultation with a plastic surgeon certified by The American Board of Plastic Surgery® or The Royal College of Physician and Surgeons of Canada®.



# What is eyelid surgery?

Cosmetic eyelid surgery, technically called blepharoplasty, is a surgical procedure to improve the appearance of the upper eyelids, lower eyelids, or both. Specifically, eyelid surgery can treat:

- Loose or sagging skin that creates folds or hides the natural contour of the upper eyelid
- Excess skin that hangs down from the upper eyelid, sometimes impairing vision
- Excess fatty deposits that appear as puffiness in the upper eyelids
- Bags under the eyes
- Droopiness of the lower eyelids, showing white below the iris
- Excess skin and fine wrinkles of the lower eyelid

These conditions typically appear as part of the natural aging process, or due to heredity. Where they are the result of heredity, individuals as young as their 20s and 30s may achieve a marked improvement in the appearance of their eyes through eyelid surgery. Eyelid surgery removes excess skin, eliminates bags and restores firmness to the area surrounding the eye, making you look more rested and alert.

Most commonly, eyelid surgery is performed on adult men and women who have healthy facial tissue and muscles and have realistic goals for improvement of the upper and/or lower eyelids and surrounding area. Good candidates are:

- Healthy individuals who do not have a life-threatening illness or medical conditions that can impair healing
- Non-smokers
- Individuals with a positive outlook and specific goals in mind for improvement through eyelid surgery

In addition, the following medical conditions are essential to disclose if you are considering eyelid surgery:

- Eye disease such as glaucoma, dry eye or a detached retina
- Thyroid disorders such as Graves' disease and under or over-active thyroid
- Cardiovascular disease, high blood pressure or other circulatory disorders or diabetes

# Where do I begin?

A consultation with your plastic surgeon is the first step to learn how eyelid surgery can improve the appearance of your eyelids and the surrounding region. A consultation is designed to fully educate you about eyelid surgery in a non-pressured environment, and will include:

- A discussion of your goals and an evaluation of your individual case
- The options available for eyelid surgery
- The likely outcomes of surgery and the potential risks and complications
- The course of treatment recommended by your plastic surgeon

Your plastic surgeon will also answer your questions.

## Evaluation

Overall health and personal outlook can greatly impact the outcome of cosmetic eyelid surgery. These will be carefully evaluated in consultation with your plastic surgeon. The success of your procedure, safety and overall satisfaction requires that you:

- Honestly share your expectations with your plastic surgeon
- Fully disclose health history, current medications, the use of vitamins, herbal supplements, alcohol, tobacco, and drugs
- Commit to following all of your plastic surgeon's instructions precisely

## Safety

By making the decision to consult with your plastic surgeon and following all the instructions given, you are taking an important step in helping to assure your safety.

Your plastic surgeon is certified by The American Board of Plastic Surgery® or The Royal College of Physicians and Surgeons of Canada®. This certification designates surgeons who are specifically trained in plastic surgery of the face and entire body.



## My eyelid surgery

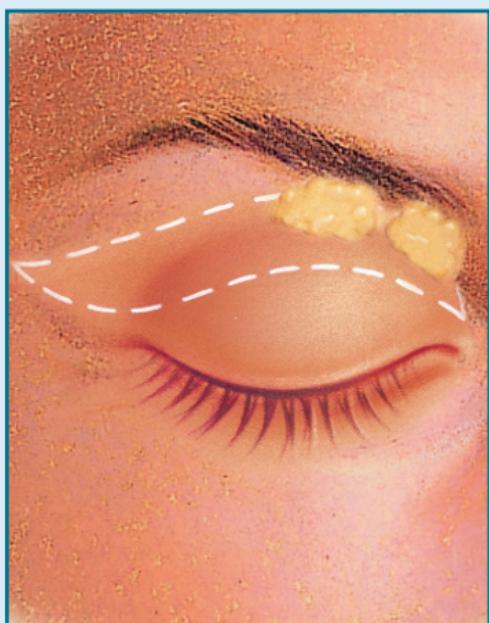
Like any cosmetic procedure, eyelid surgery requires an individualized approach. Your plastic surgeon will evaluate patient anatomy, the condition you wish to have corrected, what is causing the condition and your realistic goals for improvement. Eyelid surgery can offer dramatic improvement in the upper and lower eyelids and surrounding regions. This degree of correction of drooping eyelids, puffiness or bags can only be achieved surgically, by repositioning muscle, redistributing fat that has settled into contours and when necessary by removing excess skin.

Skin resurfacing techniques may be recommended to further improve the tone and surface appearance of skin surrounding the eye, and in some cases as a substitute for excision of minimal excess lower eyelid skin. Where a low positioned brow or crows' feet at the outer corner of the eyes contribute to the aging appearance of the eyes, a browlift may be more appropriate than, or recommended in conjunction with eyelid surgery. In addition, a brow lift can also smooth a lined or furrowed forehead.

A midface lift, one that corrects sagging in the cheek region and pronounced nasolabial folds (creases from the nose to the outer corner of the mouth) may be performed through the same incisions as blepharoplasty. A facelift and neck lift may also be performed at the same time as eyelid surgery.



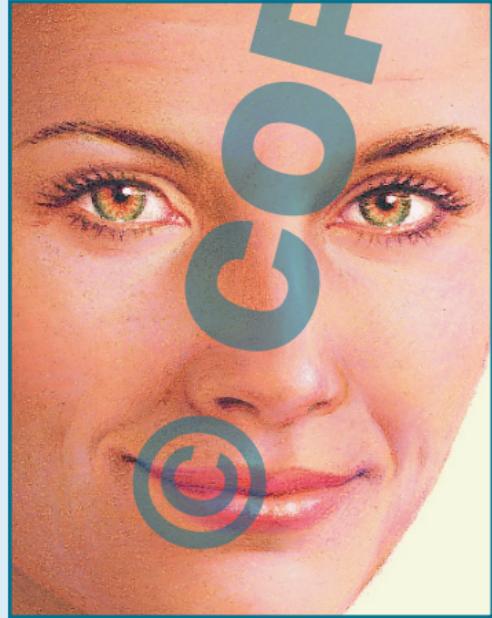
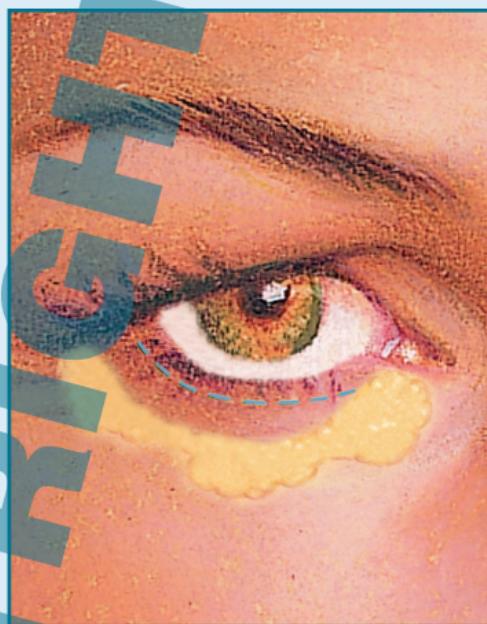
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Droopy conditions of the upper eyelid can be corrected through eyelid surgery. An incision within the natural crease of the upper eyelid allows repositioning of fat deposits, tightening of muscles and tissue, and/or removal of excess skin to create a firmer upper eyelid contour.

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Conditions of the lower eyelid may be corrected using a transconjunctival incision, one hidden inside the lower eyelid. Through this incision, fat is redistributed or some fat may be removed, and sagging muscles are tightened. An incision just below the lower lash line is an alternate technique allowing for correction of lower eyelid conditions and removal of excess skin in the lower lid.



The incision lines from eyelid surgery are well concealed within the natural structures of the eyelid region. Results appear gradually as swelling and bruising subside to reveal a smooth, better-defined eyelid and surrounding region, and an alert and rejuvenated appearance.

## Preparing for surgery

Your plastic surgeon will carefully explain the eyelid surgery procedure recommended for your specific case. Prior to surgery, you will be given specific instructions that may include:

- Pre-surgical considerations, diagnostic testing and medications
- Day of surgery instructions and medications
- Specific information related to the use of anesthesia

In addition, you will be asked to sign consent forms to assure your plastic surgeon that you fully understand the procedure you will undergo and potential risks and complications. Risks associated with eyelid surgery include poor healing or infection at the incision site, temporarily blurred or impaired vision and dry eye. Difficulty closing your eyes is also possible, and usually temporary. Ectropion, a pulling down of the lower eyelid may occur in a small number of cases and is often temporary. These risks and others, as well as the risks associated with anesthesia will be discussed prior to your consent.

It is important that you address all your questions directly with your plastic surgeon. It is natural to feel some anxiety, whether excitement for the anticipated outcomes or preoperative stress.

Discuss these feelings with your plastic surgeon.

## What to expect

Eyelid surgery may be performed in your plastic surgeon's accredited office-based surgical facility, an ambulatory surgical facility or a hospital. The decision for anesthesia will be based on the requirements of your specific procedure and considerations of patient and surgeon preference. Your plastic surgeon and the assisting staff will fully attend to your comfort and safety.

## Following surgery

Once your procedure is completed, lubricating ointment and cold compresses may be applied, and in some cases your eyes may be loosely covered with gauze. Before being released, you and an accompanying family member, friend or caregiver will be given specific instructions that may include:

- How to care for the surgical site
- Medications to apply or take orally to aid healing and reduce the potential for infection
- Specific concerns to look for at the surgical site or in overall health
- When to follow-up with your plastic surgeon

## Progress and healing

Initial healing may include some swelling, bruising, irritation or dry eye and discomfort that can be controlled with medication, cold compresses and ointment. Irritation at the incision sites is also possible. These are all common conditions.

Your plastic surgeon will instruct you to keep your head elevated at all times until initial swelling has subsided and to wear sunglasses to protect your eyes from bright light, sun and wind. Follow all instructions carefully - this is essential to the success of your outcome. A return to light, normal activity is possible as soon as you feel ready, usually within a few days of surgery.

Healing of incisions may take 5 to 10 days at which time any sutures will be removed, if necessary. You will be ready to return to work and normal activity at this time, and to resume wearing contact lenses. Cosmetics can camouflage any bruising or redness that remains. Healing will continue for several weeks as swelling continues to dissipate and incision lines improve. Diligent sun protection and consistent use of darkly tinted sunglasses is essential.

## Results and outlook

Your final results will appear over time, generally within several weeks. It may take up to a year for incision lines to fully refine. While eyelid surgery can be expected to correct certain conditions permanently, you will continue to age naturally. Life-long sun protection including the use of sunscreen and sunglasses will help to maintain your results.

The benefits of your surgery should reveal a smooth, firm contour of the upper and/or lower eyelids. What matters more is that the appearance of your eyes matches the way you feel inside - youthful, vital and alert.

## Your surgeon, your choice

Choosing to have cosmetic or reconstructive plastic surgery is an important decision; so is selecting a plastic surgeon.

Consider these important guidelines:

**BOARD CERTIFICATION** – Not all physicians who perform plastic surgery or who use the title plastic surgeon are board-certified in plastic surgery.

The American Board of Plastic Surgery® (ABPS) and The Royal College of Physicians and Surgeons of Canada® certify physicians in plastic surgery of the face and entire body. To be certified by either board, a plastic surgeon must:

- Graduate from an accredited medical school
- Complete a minimum of five years of surgical training following medical school, including an accredited plastic surgery residency program
- Pass comprehensive written and oral exams

**PRIVILEGES** – Your surgeon should have operating privileges at an accredited, local hospital for the same procedure you plan to have performed - even if that surgeon suggests your procedure be performed in an accredited office-based surgical facility or at an ambulatory surgery center.

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This educational brochure is designed to supplement a personal consultation with a plastic surgeon certified by The American Board of Plastic Surgery® or by The Royal College of Physicians and Surgeons of Canada®. Plastic surgeons with this certification have completed extensive surgical training and rigorous examinations in plastic surgery; this uniquely qualifies them to perform cosmetic and reconstructive procedures of the face and entire body.

The American Society of Plastic Surgeons® (ASPS®) and the American Society for Aesthetic Plastic Surgery (ASAPS) are dedicated to advancing quality care in plastic surgery by encouraging high standards in training, ethics, physician practice, research, and continuing medical education. ASPS and ASAPS members are certified by The American Board of Plastic Surgery® (ABPS) in the United States and its territories or The Royal College of Physicians and Surgeons of Canada®.



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