

# Eyelid Surgery

(Blepharoplasty)



LINIA

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## WHAT IT IS?

Blepharoplasty is the removal of excess fat and skin on the upper and/or lower eyelid area.

## WHY IS IT POPULAR AND WHAT ARE THE BENEFITS?

Ageing of the skin is apparent earlier in the delicate eye area than most other parts of the body. With increasing age the skin around your eyes loses its elasticity and the muscles become slacker. The fat behind the eyelids can also bulge forwards creating "bags". In some cases this is worsened by hereditary factors. The problem often seems worse in the morning and also during periods of prolonged stress and/or lack of sleep. In some cases, so much skin accumulates in the upper lids that it hangs over the eyelashes and can obstruct vision. Blepharoplasty surgery removes the excess skin and fat on the upper and/or lower eyelids and restores a fresher, more youthful appearance.

## WHAT DOES THE PROCEDURE INVOLVE?

The procedure is usually performed under heavy or "twilight" sedation, which generally means that an overnight stay in hospital is not necessary and that recovery time is decreased. Incisions are made following the natural lines of your eyelids: in the creases of the upper lids and just below the lashes in the lower lids. These incisions are extended a little way into the crow's feet or laughter lines at the corner of the eye. Through this incision surplus fat and skin is removed and sagging muscle tightened. In the lower eyelid the cutting of skin may not be necessary and fat may be removed from inside the eyelid.

## WHAT ARE THE RISKS AND LIKELY AFTER-EFFECTS?

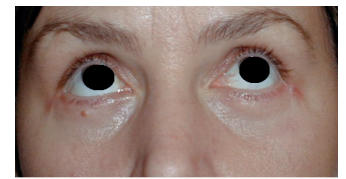
Cosmetic Surgery, like any other surgery, involves a "trauma" to the human body and there are risks associated with any procedure. Each person's body is different, and your general health, level of fitness, age and genetic profile will all have an effect on the speed of healing and also on the risk of side-effects.

If you smoke, drink alcohol, are overweight and/or take drugs for medical or other reasons, the risk of complication during and after surgery can be greatly increased. Smoking, in particular, is discouraged because it increases the risk both of infection, wound breakdown and thrombosis (blood clots).

After eyelid surgery it is normal for all patients to experience some pain and discomfort, swelling, numbness and bruising. These symptoms can be controlled and reduced by taking regular prescribed medication. Occasionally a pool of blood (haematoma) can collect under the skin after the operation, but this usually disperses over two or three weeks. If very large, your surgeon will drain it. Rarely, a lower eyelid may droop, a condition called ectropion. This can be corrected by further surgery.

Before

After



## WHAT WILL HAPPEN AFTER THE OPERATION?

### Post-Op

Your surgeon will see you when you have come round from the anaesthetic to check that all is well, and you will usually be discharged the same day. You'll be given medication and post-operative instructions along with appropriate telephone numbers in case you need to contact us at any time.

### Week 1 - 2

For the first few days after the operation you will be advised to keep your head elevated and use cold compresses to reduce swelling. You will also be able to use a prescribed ointment for the first few days. After a week or so you will see our nurse who will remove the stitches, and if you use make-up you will be able to apply it soon afterwards.

Bruising and swelling will gradually subside although the eyes may remain watery for a few weeks afterwards. Occasionally you may experience dryness and itchiness. Tightening of scars can make lids feel heavy or "different" for the first few weeks. Vision may be hazy for first 1-2 weeks.

### Weeks 8 - 12

Your surgeon will see you again, usually 8-10 weeks after the procedure for a full post-operative check. By this stage all swelling should have disappeared and scars will gradually fade over a period of a few months.

## OTHER PROCEDURES AROUND THE EYELID AREA

We offer a number of procedures to improve the area around the eyelids

### Browpexy

This corrects the droopy brows and can be done with or without a hairline incision.

### Festoon Correction

Festoon is a collection of fat and skin at the junction of the eyelid with cheek. It can create an unsightly bulge. This can be corrected through a small incision in smile lines around the eyes.

### Cheek Lift

To improve the deep nose-to-mouth lines. It can be performed through a small incision in smile lines. It enhances the cheek area and reduces the depth of nose-to-mouth lines.

## FULL POST-OPERATIVE COVER

We're confident that you will be delighted with the results. For that reason, we guarantee that we will provide post-operative cover for a full three years after your procedure. It's our way of ensuring that you have peace of mind and confidence in Linia.

## PERIOD OF REFLECTION

Cosmetic surgery is a purely elective procedure and careful consideration should be given to both the potential benefits and the risks, before making a decision to proceed. Linia recommends that, following consultation with your surgeon, you allow a period of at least fourteen days before making a decision.

General matters pertaining to cosmetic surgery.

**1. Expectations and limitations:** Cosmetic surgery may satisfy many needs and often provides inner confidence. It may enhance your quality of life significantly. It is however, not the answer to all of life's problems. It is vital to understand the limitation of such surgery. The purpose of cosmetic surgery is to improve one's appearance. But do not expect miracles. Most patients understand these limitations and have a realistic view of what may be achieved. Wrong expectations and over expectations may lead to disappointment. Being realistic brings satisfaction.

**2. General risks of Surgery and Anaesthesia** such as blood clots, chest complications, pain and discomfort, infection, swelling, bruising, bleeding and haematoma, seroma, problems in the healing process, numbness, sensitivity etc.

**3. Subjective Nature of Cosmetic Surgery:** It has been emphasised that, the final assessment of the result is a matter of subjective opinion. Hence, while a probable expected result has been advised, this is in no way a guarantee of a good result.

**4. Scars:** All surgery involves creating some scars. Although these are placed in locations to hide, any scar, in theory, can become prominent. It normally takes 12-24 months for scars to fade away completely.

**5. Time lag for final results:** Every operation is followed by a period of healing, before tissues return to normal and the final result is apparent.

**6. Numbness:** Loss of sensitivity is a consequence of all surgery and it takes time for normal sensation to return.

**7. Revisions and Refinements:** Every operation may sometimes need more refinement to achieve a satisfactory end result.

**8. General Asymmetry:** Every human body is asymmetrical between left and right sides. This normal difference will persist after the surgery.

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