



GOLD COAST
Plastic Surgery



Your comprehensive guide to

EYELID SURGERY

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Eyelid Surgery (Blepharoplasty)

Eyelid surgery, also known as blepharoplasty, can improve the appearance of the upper eyelids, lower eyelids, or both. It helps give a rejuvenated appearance to the surrounding area of your eyes, which may make you look more rested and alert. Blepharoplasty includes repairing droopy eyelids by removing excess skin, muscle and fat.

Blepharoplasty is designed to remove excess tissue from the eyelid and can help restore a more youthful and restful appearance. Excessive upper eyelid skin that is restricting vision can be removed which can result in an improvement in the visual field.

Am I a candidate for eyelid surgery?

As you age, your eyelids stretch, and the muscles supporting them weaken. As a result, excess fat may gather above and below your eyelids, causing sagging eyebrows, drooping upper lids and bags under your eyes. Besides making you look older, severely sagging skin around your eyes can impair your peripheral or side vision. Blepharoplasty can help reduce or eliminate such impaired vision.

You might be a candidate for eyelid surgery if you have:

- Draping skin that obscures or blocks your vision
- Loose or sagging skin that creates folds or disturbs the natural contour of the upper eyelid – this can sometimes affect a person's vision
- Excess fatty deposits that appear as puffiness beneath the eyelid skin bags under the eyes droopiness of the lower eyelids – to avoid showing white below the iris extra skin and fine wrinkles of the lower eyelid.

To help decide if blepharoplasty is right for you, find out what results you can realistically expect and take time to explore the benefits and risks of the procedure.

Considerations

A blepharoplasty procedure is usually performed on adult men and women who have healthy facial tissue and muscles and who also have realistic goals for improvement of the upper and/or lower eyelids and surrounding area. The following conditions could indicate that eyelid surgery is right for you:

- Baggy or puffy upper eyelids
- Excess skin obscuring the upper eyelid fold
- Extensive drooping of the upper eyelid
- Droopy lower eyelids that may cause white of the eye to show below the iris
- Excess skin and fat pockets below the eyelids
- Hollows or “dark circles” around the lower eyelids
- Asian patients who want a defined upper or “double” eyelid crease.

The Procedure

Blepharoplasty is usually performed as day surgery, under a general anaesthetic. Incisions are made where the natural crease should be in the upper lid and along the lash line in the lower lids. Excess fat and skin are then removed.

If the lower lids have excess fat, but no redundant skin, the procedure may be performed through an incision inside the lower lids. This leaves no visible scar as there is no external incision, and is known as a transconjunctival blepharoplasty. This is often associated with laser to the lower eyelids.

Surgical options

There are two types of surgical options available, which can be performed separately or together based on your needs.

Upper eyelid surgery

During upper eyelid surgery, Dr Doyle will first mark the individual lines and creases of the lids in order to keep the scars as invisible as possible along these natural folds. The incision is made, and excess fat is removed or repositioned, and then the loose muscle and skin are removed. Fine sutures are used to close the incisions, thereby minimising the visibility of any scar.

Lower eyelid surgery

During lower eyelid surgery, Dr Doyle makes the incision in an inconspicuous site along the lash line and smile creases of the lower lid. Excess fat, muscle, and skin are then trimmed away before the incision is closed with fine sutures. Eyelid puffiness caused primarily by excess fat may be corrected by a transconjunctival blepharoplasty. The incision in this case is made inside the lower eyelid, and excess fatty material is removed.

Procedure – what to expect

Blepharoplasty usually takes less than two hours, depending on the amount and location of tissue being removed. The procedure is usually performed in an outpatient setting after administering local anaesthesia. Dr Mark Doyle will gently inject numbing medication into your eyelids and administers intravenous (IV) medication to help you relax. This may make you groggy. If you have surgery on your upper and lower eyelids, Dr Doyle generally works on your upper lids first.

Dr Doyle will make an incision along the natural fold of the upper eyelid. Then excess skin and some muscle and fat beneath the skin are removed. The incision is closed with tiny stitches that leave a nearly invisible scar. Sometimes surgical tape or skin adhesives are used instead.

The incision on the lower lid is made just below the lashes in your eye's natural crease or inside the lower lid. The surgeon removes or redistributes excess fat, muscle and sagging skin. Depending on where the initial incisions are made, stitches may follow the lower lid's natural crease or be placed inside the lower eyelid.

Recovery

You will spend time in a recovery room, where you are monitored for complications. You can leave later that day to recuperate at home. After blepharoplasty a lubricating ointment will be applied to your eyes to protect them and prevent dryness. The ointment may cause temporary blurred vision. You may also experience excessive tearing, light sensitivity and double vision just after the surgery.

With upper lid eyelid surgery, the lifting of the skin over the eye will make your eye appear rounder and more alert than it was before the procedure, but the procedure should not significantly affect the natural shape of your eyes. Blepharoplasty will usually last for years. However, the aging process will eventually render additional procedures necessary in order to maintain results.

Swelling and Bruising

Your incisions will be red and visible at first, and your eyelids may be puffy and feel numb for several days. Swelling and bruising, similar to having “black eyes,” will likely last a week or more. Ice packs or cold compresses applied to your eyes can help reduce swelling. If stitches were used, they’ll be removed after 5-7 days.

Pain is usually minimal. You may be given a pain reliever, such as paracetamol (Panadol), for mild discomfort, but remember to avoid anti-inflammatories such as aspirin, ibuprofen, naproxen and any other medications or herbal supplements that may increase bleeding.



Surgery Risks

Each year thousands of men and women undergo successful eyelid surgery (blepharoplasty) procedures, experience no major problems and are happy with the results. Significant complications from eyelid surgery are infrequent. However, make sure you understand what surgery involves, including possible risks, complications and follow-up care. Eyelid surgery poses various risks, including:

- Temporary numbness of the eyelid skin
- Temporary vision changes or blurriness
- Dry and/or irritated eyes
- Persistent fat or loose skin and muscle
- Impaired eyelid function
- Infrequent visual changes or loss

Like any major surgery, a blepharoplasty poses a risk of bleeding, infection and an adverse reaction to anaesthesia. It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure. You can help minimise certain risks by following the advice and instructions of your surgeon, both before and after your eyelid surgery.

If you have any concerns about the risks involved with eyelid surgery, please consult Dr Mark Doyle and the team at Gold Coast Plastic Surgery.



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