



GOLD COAST  
**Plastic Surgery**

ULTIMATE  
PROCEDURE  
GUIDE

# EYELID SURGERY

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General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. All Surgery has potential risks and complications which will be covered in detail during a consultation with your surgeon. We recommend seeking a second opinion from an appropriately qualified medical practitioner before proceeding with surgery. All surgical or invasive procedures carry risks and potential complications.

# Types of Eyelid Surgery

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## Upper Blepharoplasty

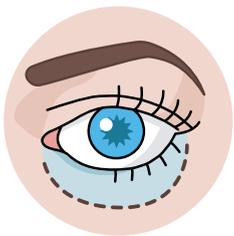


As eyelid skin is the thinnest skin on the face, it is often the first to show deterioration. Over the course of ageing, the thin skin of the upper lid stretches and sags, forming skin folds which gravity pulls downwards. This produces a 'hooded' eyelid effect and can also impede vision.

Blepharoplasty refers to a surgical procedure that improves the shape of the eyelids and reduces sagging eyelid skin.

An Upper Blepharoplasty removes the excess or stretched skin of the upper eye/eyelid to reduce a puffy, 'hooded' eyelid appearance.

## Lower Blepharoplasty

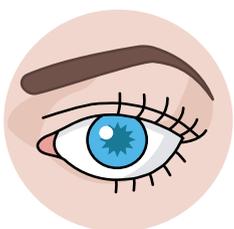


Puffy under-eye skin and eye area wrinkles can leave you looking tired, exhausted or prematurely aged.

A Lower Blepharoplasty can help surgically reduce under eye 'bags' and provide improvements to under-eye wrinkles, lines and puffiness.

During a Lower Blepharoplasty, an incision is made under the lower lash area of the eye. Excess skin and fat are then carefully removed, repositioned, or lifted to create a fresher, smoother and more youthful appearance.

## Upper and Lower Blepharoplasty



Patients may choose to have a combined Upper and Lower Blepharoplasty, sometimes known as a 'Double Bleph'.

A 'Double Bleph' can help to reduce the perception of ageing in appropriate candidates by helping to restore a toned, healthy looking skin area above and below the eye.

# When to consider Eyelid Surgery

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## Am I a good candidate for Eyelid Surgery?

- Do you have droopy eyelids that leave you looking tired or drained?
- Do you have puffy under-eye 'bags' or fat deposits under your eyes?
- Is your vision impaired due to sagging upper eyelid skin?
- Do you have excess skin or fine wrinkles around your lower eyelids that cause you to look older than you actually are?
- Do you have difficulty putting on eye makeup or seeing your eyelashes?

If your answer is "YES" to any of the above concerns, you may be a candidate for Blepharoplasty Surgery. Dr Doyle and his team can assist you in determining the right procedure for your desired outcome.

## Common reasons for wanting surgery:

- To reduce puffy under eye bags (fat deposits under the eye area) that leave you appearing tired or older than you really are.
- To improve vision that is being impacted by droopy upper eyelids.
- To remove excess skin and fine wrinkles around the lower eye lid for a younger, refreshed eye appearance.
- To cosmetically reshape the eye area to create a natural crease in the eyelid that appears when the eyes are open. This is mostly favoured by Asian patients, and is known as "Double Eyelid Surgery".

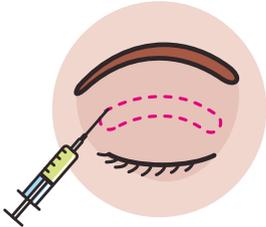
# The surgical process

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The exact surgical procedure for a Blepharoplasty will be customised by your chosen Surgeon depending on your concerns and the condition of your eyelid area.

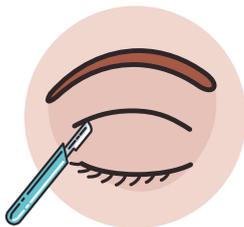
In general, the following steps may be involved during Eyelid Surgery:

## 1. Anaesthesia



A Local Anesthetic and/or General Anaesthetic will be administered for your comfort during surgery. The specific type of Anaesthesia selected for your eyelid surgery will depend on the type of procedure you have selected, surgical facility and recommendations of your Surgeon.

## 2. The Incision

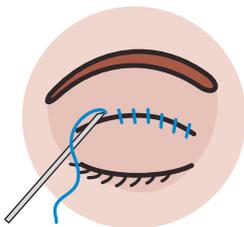


Incisions for Eyelid Surgery are often strategically placed so that scarring is likely to be concealed within the natural structures of the eyelids. Placement will depend on which procedure you have selected.

For example, the upper eyelid area may be corrected through an incision along the natural crease of the eyelid. This allows for reduction or repositioning of fat deposits, tightening of muscles and removal of the excess eyelid skin.

The lower eyelid may be corrected with an incision located just below the lower lash line. Through this incision, excess skin is reduced and excess fat can be reduced or repositioned for a more youthful appearance.

## 3. Incisions are closed



Eyelid incisions are usually closed with sutures (a row of stitches). These sutures are generally removed within 5-8 days following your surgery, although the exact timing for suture removal will depend on the type of procedure undertaken.

## 4. See your results as you recover and heal

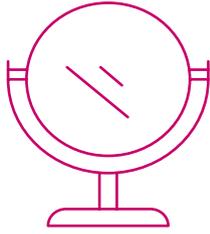


The results of your Eyelid Surgery will appear gradually as swelling and bruising subside to reveal a more defined & rejuvenated eyelid area. It is important that you follow your Surgeon's advice during your recovery and healing period.

# Why should I get Eyelid Surgery?

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## Benefits of Blepharoplasty



### Refreshed, youthful and well-rested eye appearance

Your eyes are a focal part of your face and are often the first area to reveal ageing. Eyelid Surgery can often help the entire face to look more refreshed or youthful.

This procedure can minimise a 'tired' appearance by removing saggy skin that appears to 'weigh down' your upper eyelids or which covers part of your iris.



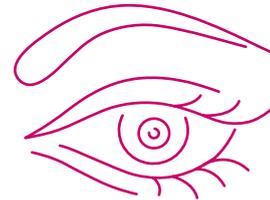
### Fewer visible fine lines around the eye area

Reducing wrinkles & lines around the eye area is **not** a primary aim of eyelid surgery and will not completely eliminate wrinkles or lines around your eye area. However, some patients do notice an improvement in these early telltale signs of ageing.

Lifting or reducing **both** the upper & lower eyelids can often help reduce the visibility of lines around the eye area for selected patients.

### Improved vision

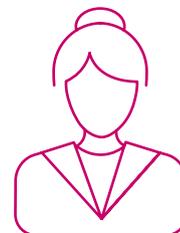
Sagging eyelids or low-hanging brows can not only be a cosmetic concern, but can sometimes cover part of your eyes and encumber your vision. By removing these deposits and subtly lifting the upper lid, your line of sight may be expanded.



### Say goodbye to under-eye bags

Baggy, puffy skin below your eyes can give you a tired, fatigued appearance.

Reducing sagging skin and reducing or positioning excess fat under your eyes can reveal a more refreshed, rejuvenated eye area, benefiting your overall facial appearance.



### Confidence

A natural-looking, subtle rejuvenation of your eyelids is the key to a good surgical result. The physical improvements achieved from Eyelid Surgery may also help you feel more confident and self-assured about your appearance.

# Recovery and healing

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## The post-surgery healing process

- Recovery times from Eyelid Surgery can vary significantly from person to person.
- The length of your healing period will depend on your specific procedure and be influenced by other health & lifestyle factors.
- In general, however, allow 4-6 weeks for initial recovery following your surgery. Scar maturation often takes longer, up to a year or more.
- Good results depend on a collaborative approach and a healthy lifestyle; so be sure you follow the specific instructions given to you by your Surgeon, and attend all post-operative appointments, and allow adequate & proper healing time.

## What to expect?

### Swelling

- Swelling around the eye and cheek area is common in patients following a Blepharoplasty procedure.
- Typically, swelling will begin to lessen within the first weeks of your healing period, although some swelling may persist for 3-6 months after surgery.

### Bruising and redness

- Bruising and initial redness around the eye & upper cheek area is a common occurrence following Eyelid Surgery.
- This will often fade within the 4-6 weeks of your healing period.

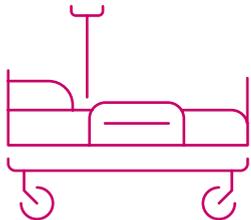
### Numbness and itchiness

- You may experience numbness and/or itchiness around your eyelid area following surgery.
- Itchiness can be soothed by applying a cold compress to your eye area.

# Recovery and healing

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## Post-surgery recovery pack



Dr Mark Doyle and his team provide all patients with a post-operative Recovery Pack. This pack contains evidence-based products aimed to facilitate your healing, as well as pampering products to use whilst resting after surgery.

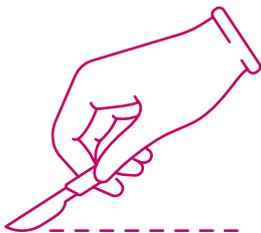
Your Recovery Pack will also include a guide book with helpful information that can assist you through your healing and recovery period.

Good results depend on numerous factors; so it is very important to follow your Surgeon's specific advice.

## Scar healing and minimisation

Once your bruising and most of the initial swelling has gone down, you may begin to focus more on your scars.

Dr Doyle and his team are dedicated to minimising scars where possible using precision surgical techniques and post-operative scar minimisation where required.



Blepharoplasty scarring is often minimal as a qualified & experienced Surgeon will complete the necessary incisions in the natural crease of the eyelid or just under the lower lash line, where it is less likely to be clearly noticeable.

Like most scars, any scarring as a result of your Blepharoplasty procedure will pass through phases, and you will notice a gradual improvement over time.

Once your scars have matured, which can take up to 12 months following surgery, Healite Low Level Light Therapy may be required to assist in minimising any scarring.

### Concerned about your recovery or possible scarring?

Keep reading and have some of our most commonly asked questions answered in the Frequently Asked Questions section.



# Maintaining your results

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If you decide to go ahead with your chosen Eyelid Surgery procedure, it is important to think about your results in the long-term and how you can best maintain the outcomes of your Blepharoplasty procedure.

Your age, medical history and genes all have a significant impact on your surgical journey as well as the longevity of your results, although certain lifestyle factors can also play an important role in maintaining your surgical results over time.

Below are some tips to help maintain your new look after surgery:

## Follow your Surgeon's advice

Good results depend on numerous factors, so it is integral that you follow your Surgeon's specific post-surgery advice throughout your recovery period in order to allow your surgical incisions, as well as your body, to heal properly.

Allowing for proper healing and recovery after surgery will hold you in good stead for maintaining your surgical results over time.

## Refrain from smoking

Smokers experience a decrease in oxygen levels, circulation & healing, as well as an increase in free radicals which impair collagen production & impede healing.

Smokers need to quit at least 6 weeks prior to, and following, their surgery date, and we recommend this to be a permanent change in order to help maintain your surgical results and overall health & wellness.

## Maintain your health

It is no secret that a healthier body is more likely to recover and heal faster after a surgical procedure.

Maintaining a healthy lifestyle with a nutritious diet and regular exercise can greatly assist your body's recovery and healing, and have a positive impact on your results longer term.

## Professional skin care

Using medical-grade skincare products (known as "cosmeceutical products"), with a higher concentration of active ingredients than products you can buy off the shelf, can help to maintain your refreshed & youthful appearance following Eyelid Surgery.

Taking care of your skin and yourself post-surgery will help you to maintain your results for as long as possible.

# Frequently asked questions

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## Does Eyelid Surgery hurt?

Most surgery does involve discomfort and pain during the initial post-surgery healing periods. It can be difficult to predict discomfort levels for each individual patient, however, as there are many variables to consider.

Discomfort after surgery is subjective to each patient based on their perception and sensitivity to pain. Fortunately most pain experienced during your healing period, particularly in the days just following your Surgery, can be manageable by following your Surgeon's recommendations and post-surgery instructions precisely.

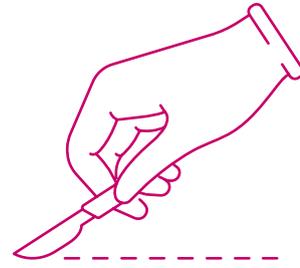


## What steps can be taken to minimise pain?

Dr Doyle's approach to recovery is to do whatever he can to get you back to your normal life as soon as possible.

Dr Doyle is dedicated to keeping you as comfortable as possible during your pre-operative sessions, your surgical procedure and your healing & recovery time following surgery.

A Post-Surgery Rapid Recovery Pack is provided to patients which includes products proven to accelerate your healing. Getting good sleep can also help.



## What can be done to minimise any post-surgery scarring?

Blepharoplasty scarring is often minimal as a qualified & experienced Surgeon will complete the necessary incisions in the natural crease of the eyelid or just under the lower lash line where it is least likely to be clearly noticeable.

Scar Minimisation suggestions may be made by your Surgeon. Be sure to follow all Surgeon advice whilst you are preparing for surgery and healing from the procedure.

You may also be offered Low Level Light Therapy (Healite II) before or after your eyelid surgery. Ask your Surgeon for details about how to minimise your incision lines as you heal.

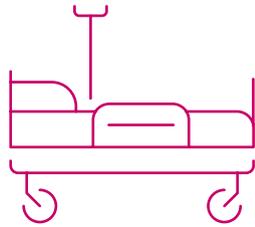
## When will my sutures (stitches) be removed?

Your stitches will usually be removed 5-8 days after your surgery.

This may vary from patient to patient and is a general guideline only.

# Frequently asked questions

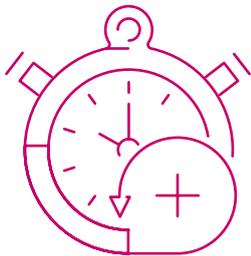
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## Will I need to stay in Hospital overnight after surgery?

An overnight stay is often not required after Eyelid Surgery. The procedure can usually be done in-clinic with a Local Anaesthetic and no Hospital stay required.

Your Surgeon will be able to advise if an overnight stay is recommended for you.



## When can I return to work after Eyelid Surgery?

The time taken to recover before returning to work or other daily activities, such as driving, will often depend on the type of Blepharoplasty procedure you have, as well as the type of work undertaken.

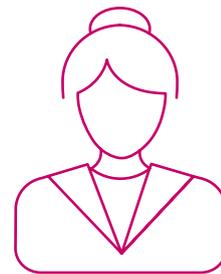
Typically most patients find they can return to work 1-2 weeks following surgery. This however can vary significantly and is only a general guide.

Your chosen Plastic Surgeon will be able to give you personalised advice on when you can return to work and other activities.

## Will Eyelid Surgery get rid of all my eye wrinkles?

Although a Blepharoplasty may help to reduce some wrinkles under your eye area, this procedure is **not** designed to remove the wrinkles at the outer corners of your eyes (crow's feet) or to fix sagging brows.

If wrinkles around the eye area or sagging brows are a problem for you, there may be alternate surgical or non-surgical treatments available.



## Do I need a referral from my GP to book a consultation?

Some eyelid surgery is cosmetic and some eyelid surgery is functional in nature, such as needing to reduce eyelid ptosis (sagging) that impedes vision.

Thereby it is highly recommended that you get a referral before you visit with Dr Doyle.

Not only does that typically provide a small rebate on your consultation, but if your eyelid surgery has a medical basis rather than cosmetic basis, this referral is even more important.

# Frequently asked questions

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## At what age can I get Blepharoplasty Surgery?

Although it is usually common for fat and loose skin to appear around the eyes as we age, it can also occur genetically in some younger patients.

There is no set age for when you can have Blepharoplasty Surgery. If sagging or droopy skin around your upper eyelid or fat deposits and puffiness under your eyes is a cause for concern, Eyelid Surgery may be suitable for you no matter your age.



## How much does Eyelid Surgery typically cost?

Dr Doyle can offer you a price range for your surgery depending on the type of procedure and other contributing factors.

At your initial consultation, you will be given a detailed Quote for your chosen procedure. This will include a Surgeon's fee, Anaesthetist fee, Surgical Assistant fee and the Hospital fees.

An approximate range of out-of-pocket expenses for your Eyelid Surgery can be provided over the phone from a Patient Care Advisor - call **1300 558 888**.



## What can I expect at my initial consultation?

At your initial appointment with your Surgeon you will typically:

- Have your photos taken
- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your surgery
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have all of your questions answered

## Unanswered questions?

For a bigger list of FAQs and more information on the surgical process, visit our website [via this link](#).

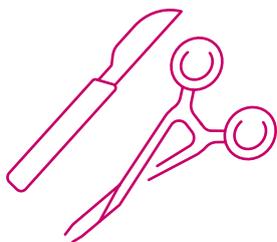
You can also talk to a Patient Care Advisor to answer your questions from 8am-6pm Monday through to Friday on **1300 558 888**.

# Choosing the right Surgeon

## Plastic vs. Cosmetic Surgeons

Not all Surgeons have the same experience or intensive training and testing qualifications. Be sure you learn the differences between a Plastic Surgeon and a General Surgeon, Cosmetic Surgeon or other type of Surgeon.

Anyone with an MBBS Qualification (Bachelor of Medicine or Surgery) can call themselves a 'Cosmetic Surgeon', however they may not have had the minimum 12 years experience and rigorous training that is required to become a Plastic Surgeon.

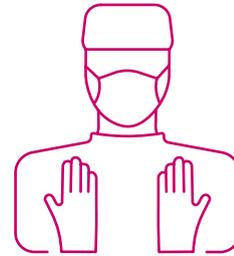


## Qualifications & experience

It is important to research a Surgeon's qualifications and experience before deciding on the Surgeon who will perform your procedure.

It is highly recommended that you choose a Specialist Plastic Surgeon who is accredited by a recognised association AND performs surgery in an accredited Hospital rather than a 'back room'. Look for members of FRACS, ASPS, ASAPS or ISAPS as some of the qualifications of your Plastic Surgeon.

It may also be helpful to consider the recommendations of your friends & family, to have a better understanding of a Surgeon's experience and previous outcomes.



## Optimise your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a cheaper option for your surgery, choosing a highly qualified, experienced Plastic Surgeon who practices in Australia should always be a higher priority than the price tag. Your life is valuable.

Corrective Surgery can be extremely costly, painful and does not guarantee the results you originally wanted as not everything can be fixed. Whilst a cheaper option might look better for your wallet, it won't guarantee great results and many patients actually end up spending more than they bargained for on Corrective Surgery in an attempt to fix the mistakes of a less experienced surgeon.

### So, what should I look for?

- A local **Specialist Plastic Surgeon**, with the appropriate qualifications and recognised associations.
- A Surgeon who operates in an accredited hospital, not in the back-room of a clinic.
- Proven experience & examples from real patients or recommendations from your friends, family or GP.

# About Dr Mark Doyle



## About Dr Mark Doyle Specialist Plastic Surgeon FRACS(Plast)

Dr Mark Doyle is a fully qualified and experienced Specialist Plastic Surgeon in Queensland, Australia. He is the founder of Gold Coast Plastic Surgery and has a busy plastic surgery practice on the Gold Coast near the Coolangatta International Airport.

He attracts many patients from Queensland and NSW, and patients fly in from all over Australia and New Zealand for surgery and a Gold Coast visit at the same time.

Dr Mark Doyle performs a range of cosmetic surgery procedures including breast surgery, facial rejuvenation surgery, nose surgery, liposuction, abdominal surgery, surgery for massive weight loss, prominent ear surgery, scar revision and skin cancer surgery.

Dr Mark is also experienced in all types of injectable wrinkle treatments and dermal fillers for facial rejuvenation.

## Experience & qualifications

- **MBBS**, Monash University, Melbourne
- Fellow Royal Collage of Surgeons (Edinburgh) **FRCS(Ed)**
- Fellow Royal Australasian College of Surgeons (**FRACS**)
- International Society of Aesthetic Plastic Surgeons (**ISAPS**)
- Australian Society of Plastic Surgeons (**ASPS**)
- Australasian Society of Aesthetic Plastic Surgeons (**ASAPS**)
- Australian Medical Association (**AMA**)
- International Society of Plastic and Reconstructive Surgery (**IPRAS**)
- American Society of Aesthetic Plastic Surgery (**ASAPS USA**)
- American Society of Plastic Surgeons (**ASPS USA**)

## Commitment to Patients

As a highly esteemed plastic surgeon, Dr Mark is driven by an intense passion for helping patients achieve a happier, more beautiful self through advanced cosmetic surgery procedures.

He maintains a strong commitment to achieving the best possible results for all his breast, body, face and nose patients, both men and women. Dr Doyle only operates in accredited hospitals. Most of his operating is at the John Flynn Private Hospital in Tugun Queensland.



# Your next steps...

## Get in touch

Schedule a confidential consultation with Dr Mark Doyle by phone or by sending us an enquiry via our website.



1300 558 888



[www.goldcoastplasticsurgery.com.au](http://www.goldcoastplasticsurgery.com.au)



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Follow [@goldcoastplasticsurgery](https://www.instagram.com/goldcoastplasticsurgery) on **Instagram** for more information, insightful updates and real patient before & after images.

**General Disclaimer:** Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. We recommend seeking a second opinion from an appropriately qualified medical practitioner before proceeding with surgery. **Photography Disclaimer:** Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients. © Copyright 2023 | All Rights Reserved. **AHPRA Registration:** Dr Mark Doyle (MED0001375519) Registered medical practitioner, specialist plastic surgeon (specialist registration in surgery – plastic surgery).