

## EYELID SURGERY

Eyelid surgery, or blepharoplasty, is an excellent way to restore a rested, youthful appearance.

### Upper Eyelids

Excess/overhanging upper eyelid skin as well as inner corner fat bulges are treated. Incisions are made in the natural creases of the eye and hide well when healed. It is important to pay attention to the position of the brows when evaluating the upper one-third of the face as some people have relaxed brows as opposed to excess eyelid tissue. A conservative approach needs to be used for males to avoid too much lid show (which gives a feminine appearance to the face).

### Lower Eyelids

Treatment of this area will address dark circles, fat bulges and skin laxity.

An exterior approach is best when a person has excess skin along with fat bulges. Incisions are hidden at the lower edge of the lashes. A conservative skin removal will avoid problems such as a round eye look.

A transconjunctival approach is used for people with fat bulges but little to no excess skin. Incisions are made in the inner (eyeball) side of the lower lid. Fat is then able to be removed through these small openings. Sutures are not usually required.

General anesthesia is not needed. Either surgery can be performed under local anesthesia combined with oral sedation alone or together with IV sedation.

Pain is usually minimal and is easily controlled with Tylenol or Ibuprofen. Bruising and swelling will subside quickly with the use of cool compresses and head elevation.

As sutures are in place for 7 days, most people will take one week off work. Returning to make-up and contact lenses usually occurs at 10 days post-op. It is advisable to purchase new eye make-up as to not introduce bacteria from old products into the healing incisions.

Walking may be resumed the day after surgery, gradually working up to aerobic exercises at 3 weeks post-op. Sunglasses and a wide-brimmed hat should be used during all outdoor activities.