

## Blepharoplasty Pre-operative Information

The upper and sometimes lower eyelids may become droopy or baggy due to heredity or as part of the ageing process. Muscles weaken, the eyelid skin stretches and fat pockets become more prominent as they bulge. A blepharoplasty or “eyelift” can assist with this problem.

These procedures will not lift sagging eyebrows, remove crow’s feet and other wrinkles or eliminate dark circles under your eyes.

Blepharoplasty surgery can be performed for aesthetic reasons, functional reasons, or a combination of both. It is designed to correct deformities, defects, and disfigurements of the eyelids, as well as to enhance the aesthetic appearance of the eye region.

### Upper Eyelid Blepharoplasty

#### Indications:

Upper eyelid blepharoplasty is indicated for individuals experiencing:

- Excessive skin that creates folds or disrupts the natural contour of the upper eyelid.
- Impaired vision due to overhanging eyelid skin.
- Puffiness in the upper eyelids caused by fat deposits.
- General dissatisfaction with the aesthetic appearance of the upper eyelids.

#### Procedure:

1. **Anaesthesia:** The surgery typically begins with the administration of local anesthesia with sedation or general anaesthesia, depending on the surgeon's recommendation.
2. **Incision:** An incision is made within the natural crease of the upper eyelid. This placement allows the resulting scar to be well concealed within the natural structures of the eyelid.
3. **Correction:** Through this incision, the surgeon removes or repositions excess skin, muscle, and sometimes fat. The specific amount and location of tissue removal or adjustment depend on the individual patient's needs and desired outcomes.
4. **Closure:** The incision is closed with sutures, surgical adhesive, or skin glue. The sutures may be removable or absorbable.

### Lower Eyelid Blepharoplasty

#### Indications:

Lower eyelid blepharoplasty is indicated for individuals experiencing:

- Excess skin and fine wrinkles of the lower eyelid.
- Bags or dark circles under the eyes.
- Lower eyelid droopiness, which may expose the white part of the eye below the iris.

#### Procedure:

1. **Anaesthesia:** This procedure is typically performed under general anaesthesia.
2. **Incision:** The incision can be made just below the lower lash line (subciliary incision) or inside the lower eyelid (transconjunctival incision). The transconjunctival approach leaves no visible external scar and is often used for patients who need fat removal or redistribution without skin removal.

3. **Correction:** The surgeon removes or redistributes excess fat, and may also remove a small amount of skin through the subciliary incision. If needed, the lower eyelid muscles are also tightened.
4. **Closure:** Incisions are closed with sutures. In the case of the transconjunctival approach, the incisions inside the eyelid heal without the need for sutures.

### Postoperative Care and Recovery

#### Immediate Postoperative Care:

- **Cold Compresses:** Cold compresses are applied to reduce swelling and bruising.
- **Head Elevation:** Keeping the head elevated, even while sleeping, helps to minimize swelling.
- **Medication:** Pain medication and antibiotics may be prescribed to manage discomfort and prevent infection.

#### Recovery Timeline:

- **First Week:** Patients can expect swelling and bruising to peak within the first few days, gradually improving over the week. Stitches are typically removed after 5-7 days if non-absorbable sutures are used.
- **2-4 Weeks:** Most patients can return to work and normal activities within two weeks, though complete resolution of swelling and bruising may take several weeks.
- **Final Results:** The final aesthetic results of blepharoplasty are generally visible within 1-2 months, with scars continuing to refine and fade over the course of a year.

### Risks and Complications

As with any surgical procedure, blepharoplasty carries certain risks and potential complications, including:

- Infection
- Bleeding
- Dry eyes
- Difficulty closing the eyes
- Scarring
- Temporary or permanent changes in vision
- Anaesthesia risks
- Ectropion (outward turning of the lower eyelid)

### Conclusion

Blepharoplasty is a highly effective procedure for addressing both aesthetic and functional concerns of the upper and lower eyelids. By removing or repositioning excess tissue, the surgery can rejuvenate the eye area, leading to a more youthful and refreshed appearance. However, it is essential for patients to have realistic expectations and to discuss potential risks and benefits with a qualified surgeon.