

Procedures

Eye lid surgery (Blepharoplasty)



What are the issues?

Many people feel they look tired, or are told they looked tired, due to drooping of the upper eyelids and bags or shadows under their eyes. In the upper eyelid, this is due to excess skin, often accompanied by protrusion of underlying fat. This leads to 'hooding' of the eyelid onto the eyelashes. In severe cases it may even obstruct line of sight.

In the lower eyelid, there may be a degree of skin excess, but the protrusion of the fat from around the eye commonly gives the appearance of eye bags, and shadowing in this area. In a small number of people, this situation is made worse by pre-existing medical conditions, such as thyroid disease.

What can the procedure achieve?

The area around the eye can be refreshed by eyelid surgery, resulting in an open and less tired appearance. Eye bags can be softened and reduced with pleasing effect.

What does the procedure involve?

Surgery to the eyelids can be undertaken under local or general anaesthetic. In the upper eyelids, the amount of excess skin is carefully marked by your surgeon so that the resulting scar is placed in the natural skin crease above the eyelashes and, when necessary, the incision may extend outwards into the crow's feet area. If required, protruding fat is removed from beneath the skin layers to improve the eyelid contour.

In the lower eyelids, an incision is made just below the eyelashes and extended into the crow's feet area as required. The amount of skin removed is often limited and this helps prevent complications. The fat beneath the skin may be trimmed down or re-draped to improve the contour of the lower eyelid. Occasionally, if there is no skin excess, the incision may be placed on the inner (conjunctival) surface of the eyelid to hide the resulting scar.

What are the limitations?

The appearance of the upper eyelid is affected by the position of the eyebrow. Therefore, people with droopiness (ptosis) of the brow may benefit from surgery or Botox to correct the brow position as well as surgery on the upper eyelid itself. In some cases, correcting the brow position completely eliminates the apparent skin excess in the upper eyelids. Correcting eyelid skin excess may therefore be limited if the brow position is not addressed. Fullness or heaviness in the outer aspect of the upper eyelid and eyebrow is very difficult to correct as this is often related to the lacrimal gland which produces tears.

Eye bags and the apparent excess skin are often not completely eliminated. This may be due to laxity of the eyelid retaining structures or

droopiness (ptosis) of the cheek area. These problems can be addressed separately, but there is a balance to be struck. Overly aggressive surgery increases the potential for complications and a poor result, therefore it must be avoided. As with any cosmetic surgery, your surgeon will inform you of what can realistically be achieved.

What are the risks?

With all surgery there is a risk of infection and bleeding or bruising. Should these complications occur they are usually straightforward to treat and do not affect the outcome significantly. The scars following eyelid surgery can be variable, although they generally settle very well indeed. Dryness of the eyes may arise or be exacerbated after surgery. This is usually temporary. 'Scleral show' is an increase in the exposure of the white part of the eye and 'ectropion' is excessive pull on the lower eyelid due to excessive skin resection. Both are potential complications that your surgeon will do their utmost to avoid.

What can I expect afterwards?

At the end of the procedure, cold packs are placed over your eyes for comfort. You will normally be discharged home on the day of surgery, or the following day depending on your circumstances. Stitches are removed three to five days later. Bruising and swelling subside after one or two weeks in the majority of patients. There is a small possibility that you will experience a degree of lid separation for a short period after surgery, which may benefit from taping or massage as directed by your surgeon.

Contact Us

For information and appointments please contact us and we will be happy to help.

t: 0844 939 6363

f: 01506 602632

e: info@beyou.co.uk

w: www.beyou.co.uk

Call us
0844 939 6363
www.beyou.co.uk