

## SUMMARY

Blepharoplasty, or removal of skin folds and fat bulges from the eyelids, is a commonly performed procedure with a very high degree of patient satisfaction and low risk of complications. It rejuvenates the upper part of the face, making you look fresher and more relaxed, and feeling more self confident.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.

North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of ancillary treatments.

## PRACTICE LOCATIONS

### MOSMAN

Dr Charles Cope      02 9908 3033  
Dr Nicholas Lotz      1300 304 209

### WAHROONGA

Dr Graham Sellars    02 9473 8577  
Dr Charles Cope      02 9908 3033

### BROOKVALE

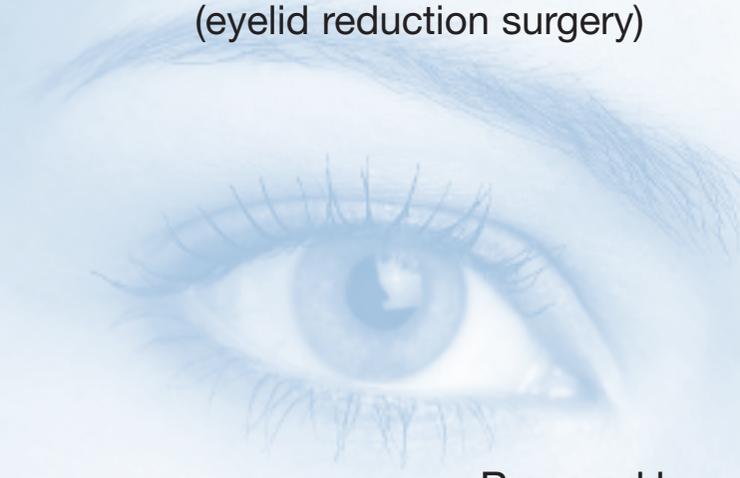
Dr Nicholas Lotz      1300 304 209

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

## A patient guide to understanding

## Blepharoplasty

(eyelid reduction surgery)



Prepared by

Dr Charles Cope  
MBBS BSc(Med) FRACS

Dr Graham Sellars  
MBBS, FRACS

Dr Nicholas Lotz  
MBBS BSc(Med) FRACS

## INTRODUCTION

The eyelids are one of the first areas of the face to show changes with ageing, commonly with drooping upper eyelids or puffiness of the lower eyelids, giving a tired appearance.

Blepharoplasty is an operation designed to remove excess skin folds and bulging fat bags. It rejuvenates the upper part of the face, making you look fresher and more relaxed, and feeling more self-confident. Blepharoplasty is often combined with a browlift to lift sagging eyebrows or a facelift or necklift to improve the lower part of the face.



Actual Patient Before



Actual Patient After

## PREOPERATIVE PREPARATION

There are many medical conditions which may affect the outcome of eyelid surgery, including thyroid disease, high blood pressure, smoking, and eye conditions such as glaucoma, dry eyes, and allergic conjunctivitis, and you should discuss these with your doctor prior to surgery.

Preoperative consultation on at least two separate occasions is essential to ensure a realistic expectation of the surgery. This involves your surgeon showing you before and after photos of other patients who have undergone the surgery, giving you reading material on the surgery, and ideally talking to a patient who has had this type of surgery.

Most insurance companies and Medicare do not cover eyelid surgery unless upper lid skin excess affects or obscures vision. If the upper eyelid skin touches or hangs over the lash/eyelid margin, then Medicare and health insurance companies contribute to the cost of the surgery. Your surgeon can advise you if this may be the situation for you.

## THE SURGERY

Surgery can be performed under local anaesthetic, twilight sedation or general anaesthetic depending on what the surgery involves and the patient's preference. Upper eyelid surgery is usually a day-only procedure, but when both upper and lower eyelid surgery is performed it usually involves an overnight stay in hospital.

Upper eyelid incisions are hidden in natural creases, while lower eyelid incisions usually run just under the eyelash line. Both incisions may extend into the crows feet (smile lines) at the outer edge of the eye.

## AFTER THE SURGERY

Following the operation it is best to sleep with several pillows keeping your head in an elevated position for the first few days to help minimise the bruising and swelling. Pain is usually minimal. Strenuous activity, lifting, stooping and bending should be avoided for the first week or two.

The bruising and swelling usually lasts between one and three weeks and is very variable in extent and duration. In this early stage eyes are commonly red and feel dry or itchy. Ointment helps keep the eyes moist, especially at night, as the lids may not fully close for a few weeks. Sutures are removed by the surgeon or a plastic surgery nurse at five days. Light sensitivity, excess tearing, and blurred vision may be present for a couple of weeks (rarely longer).

Most patients return to driving and work within one to two weeks. Eye makeup can be used from about two weeks and is useful if there is persistent bruising.

