



# Blepharoplasty

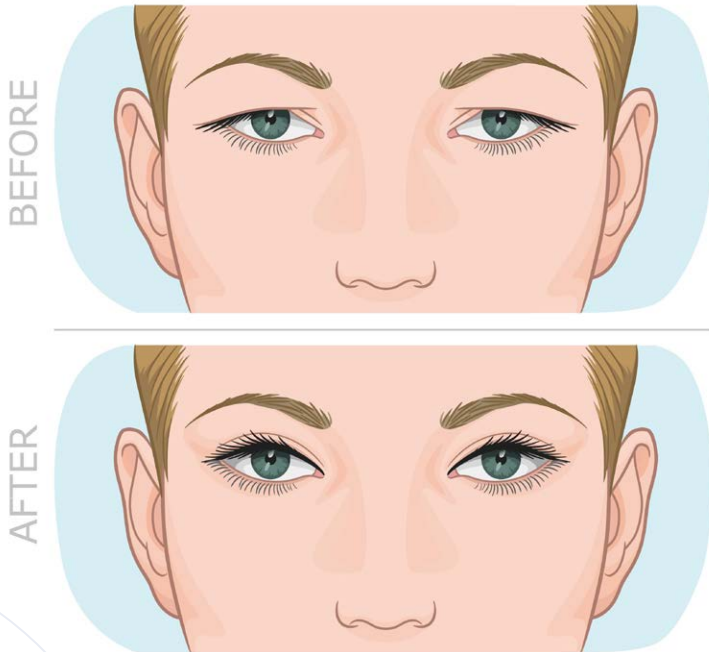
Heavy, hooded eyelids?  
Your guide to surgery

myeyespecialist.

*your personal eye specialist*

# Am I a good candidate for lid surgery?

There are many valid reasons for considering lid surgery. As the skin loses collagen, the eyelids can become heavy and saggy from excess skin, often making you look tired, even when you are not. If you are unhappy with how your eyelids look or you have problems with the irritation of the eyelid skin, you may wish to consider a surgical treatment option.



## You may be a good candidate for lid surgery if:

- The eyelids feel heavy and droopy
- You don't like the appearance of your lids
- Wearing mascara and eyeshadow is difficult
- Upper eyelids are pressing on your eyelashes
- You are getting skin irritation in the lid crease
- The field of vision is restricted due to eyelid hooding
- You have realistic expectations about the cosmetic improvement



# Types of lid surgery

## Blepharoplasty

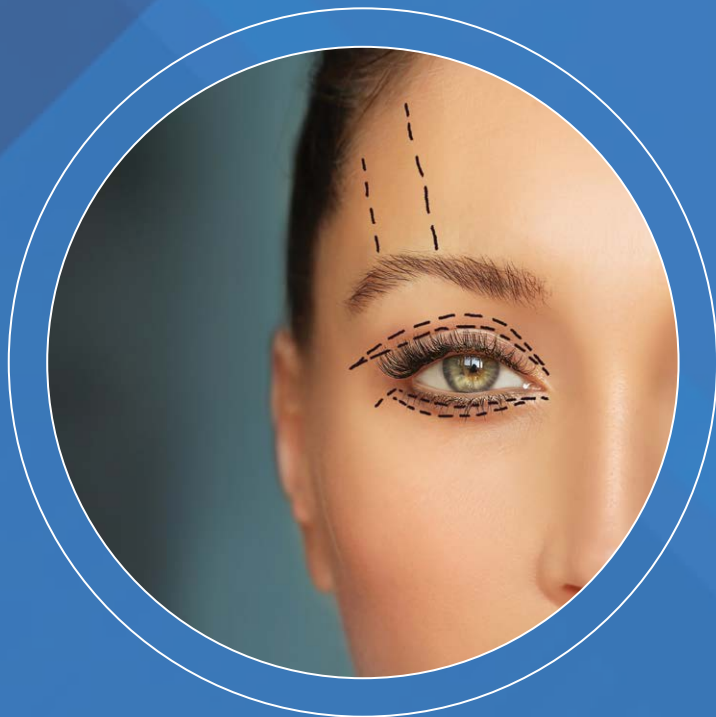
Having excess skin on your eyelids can make your eyelids feel heavy and make you look older than you actually are. This is a very common condition that is easily addressed. Blepharoplasty is a surgical procedure that removes this saggy skin and, if needed, some of excess fat. It is one of the safest and most frequently done eyelid surgeries. Blepharoplasty relieves the heaviness of the eyelids and refreshes the appearance of your eyes, giving you a rested, natural, more youthful look. In some cases, it may also significantly improve field of vision.

## Eyelid lift (ptosis repair)

If one or both eyelids are droopy, the eyelid muscle may need to be tightened. This is a highly specialised procedure, performed only by ophthalmologists trained in oculoplastic surgery. Eyelid lift can be combined with a blepharoplasty to achieve a more refreshed, rejuvenated appearance.

## Lower eyelid tightening

If you are over the age of 50 and your main concern is sagging of the lower lids or “bags” of loose skin under the eyes, then lower lid surgery may help. There are many ways of restoring the position and appearance of the lower lids and your surgeon will suggest the best procedure for you.



# Eyelid surgery for men

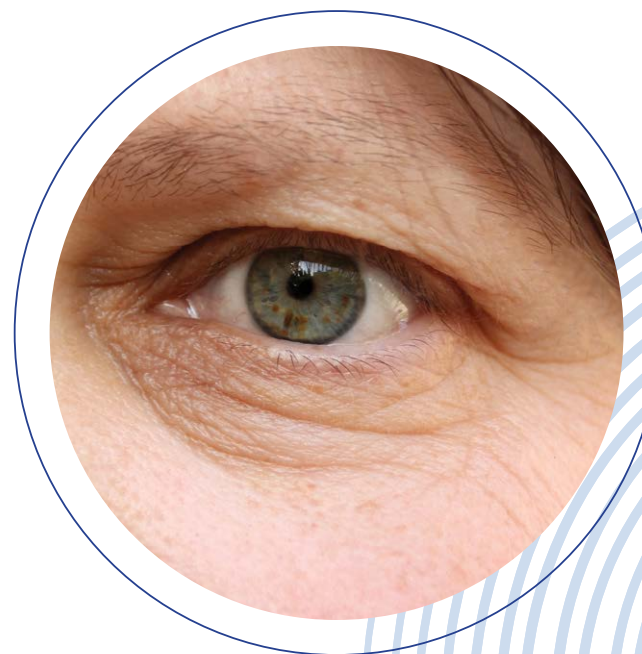
## Male eyelid lift

Men have naturally heavier skin around the eyes and tend to be more affected by gravity with the passage of time. The upper eyelids and eyebrows tend to droop, often making you look sleepy or sad. The aim of the male blepharoplasty is to remove just the right amount of skin to maintain a masculine appearance. Lower eyelids in men tend to sag more than female eyelids. This often leads to watery eyes or irritation. Droopy lower lid and saggy skin under the eyes can make you appear older than you really are. Lower lid tightening can restore the natural position of the lower lids and improve the watering. Combining lower lid tightening with the lower lid blepharoplasty can significantly improve the appearance of the saggy skin under the eyes.



# Is lid surgery covered by Medicare and private health funds?

If your droopy lids are causing a functional problem, the lid surgery to correct that problem is likely to have a Medicare item number that is necessary for a procedure to qualify for Health Fund cover. Medicare have clear criteria that must be met for a procedure to be classified as necessary and to have an item number. During your consultation, we will perform all necessary checks to let you know if you qualify under the Medicare criteria.



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## What to expect with blepharoplasty and lid lift procedures



*Ophthalmologists Dr Pam Weir and Dr Andrea Zarkovic*

### **Day surgery**

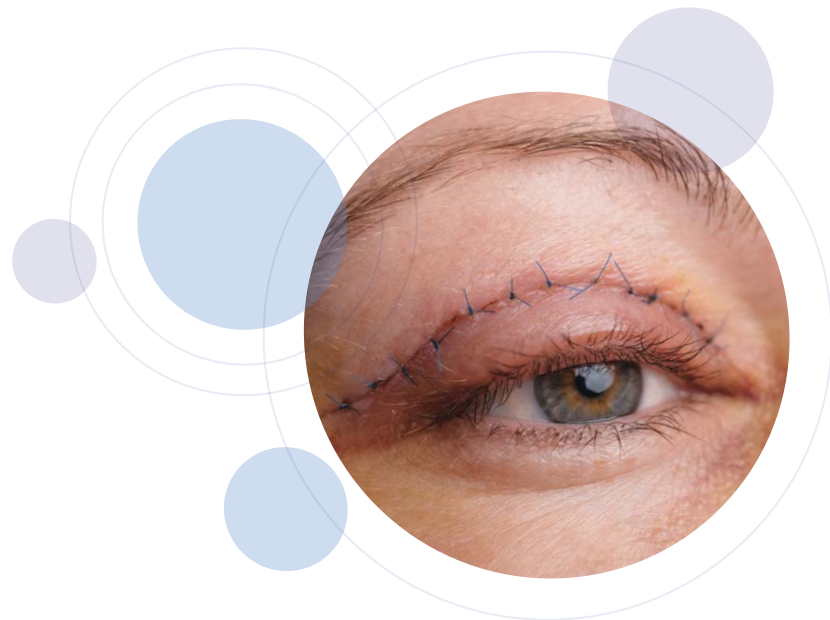
Lid surgery is done as a day case procedure at Gold Coast Eye Hospital, which is adjacent to My Eye Specialist at Robina Town Centre. Gold Coast Eye Hospital is a fully licensed and accredited day hospital specialising in eye and eyelid surgery.

### **Anaesthetic**

The anaesthetist will give you sedation to put you to sleep while they administer the local anaesthetic to your eyelids. You will be completely asleep for this part and will not feel any discomfort. During your surgery, you will be under twilight sedation, which will keep you comfortable, relaxed and sleepy and you will not see or feel the procedure being done. Because you are having sedation, you will need to organise for someone to drive you home afterwards.

## Surgical procedure

During your consultation, your surgeon will make a surgical plan tailored to your eyelid anatomy and the result you are aiming to achieve. Generally, a small incision is made in the lid crease and the loose droopy skin is removed. The amount of skin to be removed is carefully measured and marked before the surgery to ensure best possible cosmetic outcome with normal lid closure and good symmetry between the eyelids. If the eyelid needs to be lifted, the eyelid muscle is tightened with absorbable internal sutures. The wound is closed with a row of very fine stitches in the lid crease that are removed 5-8 days after the surgery.



## After the surgery

Immediately after the procedure you will be given refreshments in the recovery area while our nursing staff go over everything you need to know about how to minimise swelling and bruising and look after your eyelids in the postoperative period.

# Your Recovery

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## Recovery

Some swelling and bruising is normal in the first few days after surgery. This usually takes a week or two to settle. Using ice packs and sleeping with your head elevated will help to minimise swelling. To ensure wounds are healing well, you should not be swimming, doing strenuous exercise or wearing eye makeup for two weeks. Most people will take about one week off work. Full recovery can take about a month - you can expect a natural refreshed look with almost invisible scars.

## Risks

Eyelid surgery is generally a safe procedure with fast, straight forward recovery and minimal discomfort. Just like with any surgery, there are some associated risks which will depend on the exact procedure being done, your eyelid anatomy and your general health. Your surgeon will discuss these with you during your consultation.



# FAQs

## Will I be able to close my eyes normally?

You may have heard stories of people not being able to close their eyes properly after lid surgery. This is very rare but can happen if too much skin is taken off or if the eyelids heal in an unpredicted way. The skin of your eyelids will be carefully measured and marked prior to surgery to ensure that just the right amount will be removed.

## Will my eyes look really wide and startled?

You will not look startled. We are aiming for a subtle, natural appearance where you look like the best version of yourself.

## What will the scarring be like?

The surgery will be performed through the skin crease, so most of the scar will be well hidden. Everyone heals differently and all eyelids are slightly different. Your doctor will show you where the scar will be on your eyelids. You will be given an antibiotic ointment to keep the wound moist, which minimises the scarring. A silicone based product called Stratamed can also be used in the early postoperative period to further minimise the visible signs of surgery.

## Is my eyelid going to be lifted?

If your eyelid is sitting too low, you will need to have ptosis repair (lid lift surgery) to tighten the muscle which lifts the eyelid. If your eyelid is sitting in a normal position but you only have extra loose skin, then a lid lift will not be necessary. Your surgeon will recommend the best procedure to give you the desired outcome.

## Can droopy eyebrows be lifted?

The outer part of the eyebrow can droop over time, causing hooding on the side of the eyes. This can be corrected with a brow lift. There are several techniques for lifting the brows and your surgeon will suggest the best procedure for you. For younger female patients, an endoscopic brow lift performed by a plastic surgeon may be the most appropriate option.

## Your notes

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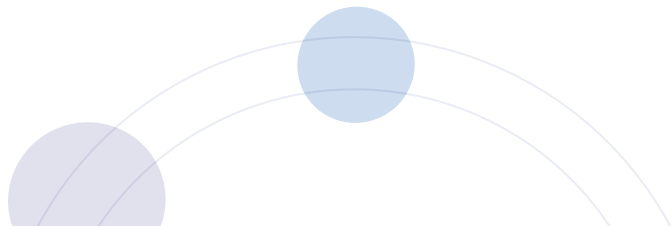
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