

## What is Blepharoplasty?

Blepharoplasty, is a surgical procedure to improve the appearance of the upper eyelids, lower eyelids, or both, restoring firmness to the area surrounding the eyes and making your eyes look younger.

Specifically, eyelid surgery can treat:

- Loose or sagging skin that creates folds or hides the natural contour of the upper eyelid
- Surplus skin that hangs down from the upper eyelid, sometimes impairing vision
- Surplus fatty tissue that appear as puffiness in the upper eyelids
- Bags under the eyes
- Droopiness of the lower eyelids, showing white below the iris
- Excess skin and fine wrinkles of the lower eyelid

Ptosis correction is an extremely specialised procedure where alterations can be made to the upper lid height to eliminate the tired look that ageing changes produce from a drooping eyelid. This often produces remarkable rejuvenating changes

### Preparation

The fat pads are assessed whilst the patient is seated, as the lower lid fat pads have a tendency to sink back once lying down, creating a slightly less bulky appearance.

The surgeon will also identify the inferior oblique muscle, to avoid injuring it during the operation.

## The Operation

### Upper Lids

The surgeon will mark out where to make the incisions, aiming to blend in with the natural lines, and a local anaesthetic is injected under the skin. The loose skin will be cut out, and possibly also a strip of muscle if necessary. Fat is then teased from the fat pads, ensuring that the appropriate amount is removed and that there is no bleeding. The cut is then closed with delicate nylon stitches.

### Lower Lids

The lower lids procedure may be done either from the inside of the eyelid or with an external approach. The inner eyelid (or subconjunctival) approach requires injection of local anaesthetic and then an incision is made to expose the orbital fat pads, and allow fat to be removed to give a smooth contour.

If there is excess skin in the lower eyelid the surgeon will need to use an open approach. An incision is made just below the eyelid margin and extended up to the eye-socket margin. The skin is then released off the underlying muscle and redraped with the excess skin being trimmed. This technique can also be used to remove excess fat so is often chosen if both skin and fat need to be removed. Afterwards the skin will be carefully stitched to avoid tension or pulling on the lower lid.

### After the operation

The stitches are covered with an antibiotic cream to stop any localised infection, and then removed after four or five days. Regular application of a salt water compress is recommended to help reduce swelling.

There will be follow-up checks at approximately five days, one month and three months after the operation.