

Blepharoplasty

Q. What is an eyelid lift?

A. There are two different types of eye lid surgery: upper eyelid blepharoplasty, and lower eyelid blepharoplasty.

- ▶ **Upper eyelid surgery:** focuses on the upper eyelid to decrease the sagging skin between the brow and eyes. The skin is numbed with a local anesthetic, and the excess skin is removed. Any extra fatty tissue from the fat bags that have protruded is also removed.
- ▶ **Lower eyelid surgery:** a local anesthetic is used to numb the area and the tools used are very much the same to upper eyelid blepharoplasty. In a traditional technique, excess skin and a strip of loose muscle, along with fat bags, is removed by making an incision just below the eyelashes. When skin is tight, a second option called “transconjunctival” is preferred, with the incision totally hidden in the inner part of the eyelid, giving direct access to the fat deposit.

Q. Are there alternatives to eyelid surgery?

A. There are a few non-surgical alternatives that will temporarily reduce the appearance of wrinkles, but are not permanent and will not last longer than 6-9months. Botox injections, chemical peels and laser treatments have all been used to revive the area around the eye.

Q. What can eyelid surgery combine with?

A. By combining eyelid surgery with another procedure, you will look younger and get the best results. It will also allow you to get everything done at once so you do not have to get surgery again. Facelift, brow lifts and forehead lifts are the most common procedures to combine with this surgery.

Q. What is recovery like?

A. Because of swelling and the risk of having blurred vision, as well as the effects of sedation, you will need someone to take you home. Keeping a cold compress on the area following surgery helps to reduce swelling, and keeping the area clean is essential for the following week. Eye drops and other medication for pain and swelling may be prescribed. Bruising lasts for the first few days and patients are able to resume their usual activities and lifestyle after the first week. Swelling may last for a few weeks, but in some cases, could last months. Final results are usually seen in six months.