

## BLEPHAROPLASTY

### WHAT IS BLEPHAROPLASTY?

Eyelid surgery, or blepharoplasty, is a surgical procedure to improve the appearance of the eyelids.

### WHAT CAN YOU EXPECT?

The results of a blepharoplasty will be noticeably smoother, better-defined eyelids. Sagging, excess skin and /or fat can be removed, eliminating puffiness and giving you a more youthful, alert appearance. These results are quite long lasting, although the normal ageing process will continue. Remember to use keep using sun protection for longer lasting results.

### SOME FREQUENTLY ASKED QUESTIONS ABOUT BLEPHAROPLASTY

#### How do I plan for my Blepharoplasty?

Before any surgery is performed, your cosmetic surgeon will first discuss your expectations. He or she will establish what you want to achieve and what your expectations are. Your surgeon will examine your eyes and explain the procedure in detail, so you can make an informed decision.

#### What is the procedure for a Blepharoplasty?

During a blepharoplasty, which can take between one and three hours to complete, fat deposits in the upper eyelid are removed or repositioned, muscles are tightened and excess skin is removed. This is done via an incision along the natural crease on the eyelid.

If the procedure involves the lower eyelid, an incision is made just below the lower lash line and excess skin is removed, with excess fat often being removed or repositioned. Once the procedure is complete, the incision is closed with stitches that dissolve after three to five days.

**How should I prepare for a Blepharoplasty?**

Before your surgery you may be asked to stop smoking for 2 – 4 weeks prior to the procedure. Nicotine retards the healing process, and quitting for as long as possible before surgery helps improve blood flow.

You will also have to have a blood test before surgery is performed.

You should stop taking certain medication, like aspirin and some anti-inflammatory drugs. Avoid recreational drugs, and disclose to your surgeon any other medication you're taking, since you may need to adjust these.

Be sure to arrange for transport to and from the clinic, since you will not be able to drive yourself after the procedure.

**Where will my Blepharoplasty be performed?**

The surgery will be performed in one of our fully equipped operating theatres.

**What anaesthetic will be used for my Blepharoplasty?**

Most blepharoplasties can be performed under a local anaesthetic with oral sedation. Your surgeon will discuss the options with you.

**How do I recover from my Blepharoplasty?**

You will experience some discomfort and tightness in the first few days after the procedure, but your medication will help ease the pain. It's important to follow your surgeon's post-operative instructions, in order to achieve for best results. While you are recovering, do not rub the area or use excessive force on your eyelids, and try to keep your head elevated as much as possible during the first few days.

Your surgeon will give you more detailed instructions on how to care for yourself during the days following the procedure.

**What can I expect after my Blepharoplasty?**

There is little pain involved in a blepharoplasty, although initially you can expect some swelling, bruising, dry eyes or irritation, all of which can be relieved with medication and cold compresses.

There should be very few visual signs of surgery after about two weeks, with the final healing taking a few months.

**When can I return to normal activities?**

Recovery time is relatively short. Most people can return to normal activities after seven to ten days, and most of the bruising and swelling will be gone within two weeks.

**What are the risks involved in Blepharoplasty?**

With blepharoplasty, like all other surgery, there is a (low) risk of post-operative infection, bleeding and swelling.

There are some risks that are specific to eyelid surgery, and some of them are: Difficulty closing your eyes, lid lag, which is the pulling down of the lower eyelid, and often just temporary, sun sensitivity, or sensitivity to bright light, pain that may persist after the initial healing period, numbness, and visible scarring.

Your surgeon will discuss these and other risks with you before you make your final decision to go ahead with the procedure.

**QUESTIONS OR CONCERNS?**

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