



**AM** Aesthetic Surgery  
...dawn to a new you

# Eyelid Surgery

Your surgeon:

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**Your Predicament: “My upper eyelids feel heavy with creased excess skin and I have deep grooves under my eyes with baggy eyelids. I look tired all the time.”**

**Our Solution: Upper and Lower eyelid surgery can help deal with excess skin and prominent fat / grooves under the eyes to help rejuvenate the eyes and give you a fresh look.**

With aging there are changes that occur around the eyes that makes a person look very tired all the time. The skin loses elasticity and excess skin in the upper eyelids folds over resulting in a loss of definition of the lid crease and feeling of heaviness in the upper eyelids. If the skin excess is significant, it overflows the lid margin and can be seen in the upper field of vision, almost like a curtain.

In the lower eyelids, the loose skin tends to sag and the eye lids look puffy due to changes in the underlying tissue. The fat pads in the lower eyelids are held behind a taught orbital septum that is attached to the eye socket (orbital rim). But with aging, this septum becomes lax and the fat behind it tends to bulge out. With aging the mid face also loses volume and droops down. As a result a groove (tear trough) forms between the lower eyelid fat pads that are held above the orbital rim with the orbital septum and the malar fat pad (fat over the cheek bones) that droops down.

The appearance of the eyelids can be improved by surgical or non-surgical techniques. Non-surgical techniques involve injecting fillers or fat in the lower eyelid. Surgical techniques involve removing excess skin, tightening up the lower eyelids, releasing the orbital septum and repositioning the lower eyelid fat pads.

The procedure required depends on the problem, Professor Mahajan carries out a detailed examination and plans the surgery accordingly. Sometimes a brow lift (forehead lift or eyebrow lift) may be required in conjunction with a upper eyelid blepharoplasty (upper eyelid lift). Similarly, a midface or face lift may be required with a lower blepharoplasty (lower eyelid lift) procedure. This will be discussed with you in detail following your assessment.

The eyelid lift procedures aim to give you a fresh youthful look, with the eye lids looking smoother and better defined. If your expectations are realistic, you will always be happy, if not, you will always be unhappy irrespective of how good a job your surgeon might have done!

This procedure is often combined with face lift, mid face lift, brow lift or fat transfer to areas in the face to help achieve a global rejuvenation of the face.

## **Pre Operation**

Professor Mahajan will acquire a detailed history from you about your concerns and your medical history. He will take the time to understand your desires and discuss in detail as to how he can achieve the results you want. A detailed examination involving assessment of the eyelids, overlying skin, underlying fat and tone of the eyelids will be noted. Adjacent areas of the forehead and mid face will also be assessed.

Depending on your examination a treatment plan will be formulated tailored to your needs. Depending on the characteristics of your face, Professor Mahajan will discuss surgical options with you. Sometimes fat grafting may be necessary to produce optimal results. You will together be able to decide the procedures that will be used to achieve your desired results.

Pattern of the incisions, procedure and subsequent scars will be discussed in detail and you will be given an opportunity to probe into any aspect of the proposed procedure. Once you decide to go ahead following the consultation, you will be required to attend the pre-assessment clinic to ensure your suitability for the procedure under general anaesthetic. You will need to stop smoking (including electronic cigarettes and nicotine patches) and stop any anticoagulant medication such as Aspirin, Warfarin, etc as suggested by Professor Mahajan.

## **Operation**

You will be admitted to the hospital on the day of the procedure. The operation will be done under local or general anaesthesia as has been discussed at your consultation. It will be carried out according to the technique that was planned at the consultation.

In upper blepharoplasty procedure, the incision will be made in the crease of your upper eyelid and excess skin will be carefully removed. Sometimes prominent fat in the medial part (towards your nose) may need to be reduced. The resultant scar will lie in the natural crease of your eyelid and may extend laterally in to the natural aging creases in the sides.

Lower blepharoplasty procedure is a bit more complex than upper eyelid surgery. The essential part of the procedure is to release the orbital septum and reposition the lower eyelid fat into the groove (tear trough area) below the eyelid to make it less prominent and smoothen the junction between the lower eyelid and the cheek. The lower eyelid is usually tightened by a canthopexy procedure to prevent problems with dropping of the lid margin (ectropion) following the surgery. In some cases fat can be added to the groove below the eyelids by carrying out fat grafting. A small strip of fat is taken from the tummy area for this (segmental fat grafting). Excess skin in lower eyelids is removed carefully taking care not to remove too much.

Depending on if you have significant associated drop in your brow or mid face you may need a brow lift or mid face lift carried out at the same time as your upper or lower eyelid blepharoplasty, respectively.

The procedure can take about 1 hour for upper eyelid surgery and about 2 hours for lower eyelid surgery to do depending on the complexity of the case. Professor Mahajan will dedicate as much time as is necessary to create your new aesthetically pleasing form and achieve the results you desire.

## **Post Operation**

Following your procedure, you will be taken to your room, once you have recovered from the anaesthetic. You will be cared for to the highest standards by our well-trained nurses. You will need to rest in bed with the back propped up and cool packs over your eyes to minimize swelling and bruising. Once you have recovered enough after the surgery, you will be encouraged to sit out of the bed and mobilise to reduce the risks of blood clots in your legs or lungs. You will have some pain and discomfort for 2 to 3 days, but we will ensure that you are comfortable with adequate analgesia.

You can go home as soon as you are comfortable enough to go home. This is usually the same day if you have had your upper eyelids done and the following day if you have had your lower eyelids done. You will have a single non-absorbable suture in the eyelids that will need to be removed in a week. Scars are unavoidable following any surgery, but Professor Mahajan aims to make these as neat as possible. Your eyelids will be swollen and bruised (possible 'black eyes') immediately following the surgery. Over the next few weeks the swelling will gradually go down and the contour of the eyelids will improve. You will need to avoid wearing contact lenses for about 4 weeks following your surgery as the eyes can be a bit sensitive.

You will be seen 1 week following the procedure to ensure that your wounds have healed well and to remove your sutures. After this initial follow up, you will be seen again in 3 months' time to assess the results when the swelling has settled reasonably. Professor Mahajan will be available to see you at any time following the procedure should there be any unexpected problem.

## **Subsequent Procedures or concurrent Procedures**

The eyelid lift is often combined with facelift procedures to help achieve global rejuvenation of the face. A forehead / brow lift may be necessary if there is brow ptosis or droop. Botox injections or fillers can also be considered. Eye lid surgery can also be combined with other body contouring surgery.

## NEED-TO-KNOW INFO

- Duration of surgery: 1hr for upper and 2 hrs for lower
- Anaesthesia: Local or General Anaesthetic for upper, General Anaesthetic for lower.
- Duration of inpatient stay: Day case surgery for upper, 1 night for lower.
- Wounds healed in: 1 week
- Scars matured in: Settle in 3 to 6 months, fully matured in 12 to 18 months
- Back to light work (Desk job): 2 weeks
- Back to cardiac exercise / fast walking: 2 to 3 weeks
- Back to labour intensive work / Exercise: 4 to 6 weeks
- Sexual activity: 4 to 6 weeks
- Able to drive: 1 to 2 weeks (Should be able to see clearly and apply emergency stop)
- 'Long haul' flights / holidays: Avoid four weeks before and after if having a general anaesthetic. Short flights are okay but take precautions.
- Shower / bath: Keep dressing dry for one week but pamper yourself with a sponge bath.
- Sun bathe: Keep the scars covered or protected with a high factor sun protection cream until they mature in about a year or so.
- Garments: None, dressing tape for 1 week.
- Avoid contact lenses for 4 weeks and makeup for 2 weeks.
- Post-operative review: 1 weeks, 3 months (As often as necessary if clinically indicated)
- Post-Operative pain / discomfort: 2 to 3 days
- Potential risks: (Every effort is made to reduce the risk of complications, but potential risks are) Bleeding, bruising ('black eyes'), swelling, haematoma, infection, delayed wound healing, skin necrosis, scars – hypertrophic, stretched, sensitive, asymmetry, numbness, lagophthalmos (inability to close eyelids fully), Ectropion (pulling down of lower eyelid), Corneal abrasion, Conjunctivitis, watering of eye, dry eyes, Chemosis (fluid retention in white of eye), Residual skin excess or fat prominence, Blindness with lower eyelids surgery, risks associated with general anaesthetic, blood clots in legs or lungs. Covid infection risk / death.

Please refer to <https://www.amaestheticsurgery.uk/blepharoplasty-eyelid-lift/> for detailed information about the procedure.