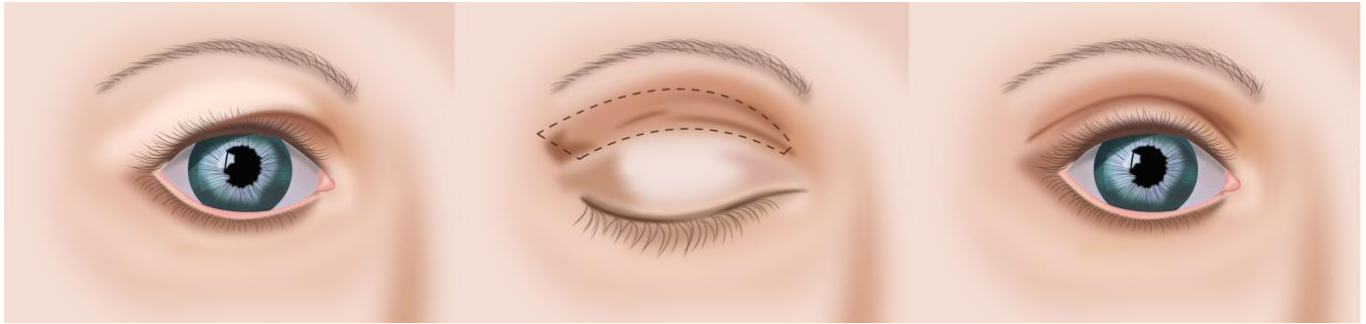


BLEPHAROPLASTY SURGERY (Upper Lid)

Dr Megha Kaushik



Why is Upper Lid Blepharoplasty Performed?

Excess and loose skin of the upper eyelid can sag and sometimes interfere with your field of vision. Patients often inadvertently raise their eyebrows to compensate for the excess skin drooping over their visual field. While surgery to correct mild cases of sag is considered cosmetic, cases where the visual field is restricted or when the excess skin causes inflammation are considered to be non-cosmetic by Medicare criteria. We may assess your peripheral visual field with a Humphrey Visual Field Analyzer.

What Causes Eyelid Skin Sag?

The most common cause is age related weakening or stretching of the skin and deeper eyelid tissue. The weakened tissue may also cause bulging due to orbital fat prolapsing forward. As eyelid skin is much thinner than other parts of the face, it is often one of the first facial regions to exhibit signs of aging.

Blepharoplasty Surgery

The abnormal upper lid skin sag and folding can be corrected by blepharoplasty surgery. This surgery tightens the eyelid tissues and removes excess skin +/- underlying fat. Each patients' eyelids are unique and Dr Kaushik tailors the surgical technique to achieve the best functional and aesthetic outcomes.

Blepharoplasty surgery is performed as a day procedure under local anaesthetic and sedation, and typically takes 60 minutes. A thin incision is created in the natural skin crease. Often browpexy sutures are added to the deeper tissue to achieve deeper support to the brows resulting in a more symmetrical outcome. The incision is closed with either tissue glue or a thin suture which runs along the incision line and is removed 10 – 14 days post operatively.

Performing the procedure under local anaesthetic with sedation allows dynamic adjustment of the height and contour of the lids intraoperatively resulting in better post-operative symmetry of the lids.

What to Expect During Recovery from Blepharoplasty Surgery

- Blepharoplasty surgery can cause significant amounts of swelling and bruising that can last up to 4-6 weeks post surgery. The majority of swelling and bruising occurs within the first 2 weeks and invariably settles down with time. *This is a normal part of the post-operative recovery.*
- Itch along the incision site can occur and usually resolves with removal of sutures
- Tearing and a gritty feeling to the eyes post-surgery is normal, particularly in the first 2 weeks
- Your vision may be slightly blurred or sensitive to light for the first week post operatively
- If browpexy is performed temporary numbing of the forehead can occur
- Complete recovery can take 4-6 months post operatively
- If tissue glue was used, this will spontaneously fall off. If sutures were used, these will be removed 7 – 14 days post operatively.

Possible Risks of Blepharoplasty Surgery

In general blepharoplasty surgery is very safe with infrequent and usually minor complications. However as with all surgery there are certain risks and complication:

- Although scars from blepharoplasty are well-concealed and usually fade with time, there is a small chance of excess scarring, swelling, bruising or wound infection.
- There may be some asymmetry of the healing, contour or position of the lids. Further surgery may sometimes be required.
- Dry eye may occur or become exacerbated following blepharoplasty surgery. This can be due to a change in tear distribution or incomplete eyelid closure. Dr Kaushik takes great care in determining the appropriate amount of skin reduction at the time of surgery to help reduce this.
- Although there is a theoretical risk of vision loss and double vision, this is incredibly rare but has been reported in the medical literature.

Outcome of Blepharoplasty Surgery

Although the eyelids are still subject to aging, it is expected that blepharoplasty produces long-lasting results. Dr Kaushik has extensive experience and expertise in blepharoplasty surgery utilising minimally invasive techniques that reduce both scarring and healing time. Post operatively it is helpful to expect an improvement in symptoms and appearance of the lids rather than a complete change in appearance, with a refreshed natural look that is not overdone.

Name:

Date:

Signature: