

## General Information About Eyelid/Blepharoplasty Surgery

Like any cosmetic procedure, eyelid surgery requires an individualized approach. This cosmetic surgery procedure can offer dramatic improvement in the upper and lower eyelids and surrounding regions. This degree of correction of drooping eyelids, puffiness or bags can only be achieved surgically by repositioning muscle, redistributing fat that has settled into contours and when necessary, by removing excess skin.

Droopy conditions of the upper eyelid can be corrected by the following:

- An incision within the natural crease of the upper eyelid that allows repositioning of fat deposits
- The tightening of muscles and tissue
- Removal of excess skin to create a smoother upper eyelid contour

Conditions of the lower eyelid may be corrected using a transconjunctival incision, one hidden inside the lower eyelid. Through this incision, fat is redistributed (transpositioned), or some fat may be removed and sagging muscles are tightened. An incision just below the lower lash line is an alternate technique allowing for correction of lower eyelid conditions and removal of excess skin in the lower lid.

The incision lines from eyelid surgery are well concealed within the natural structures of the eyelid region. Results appear gradually as swelling and bruising subside to reveal a smooth, better-defined eyelid and surrounding region. The benefits of your surgery should reveal a smooth, firm contour of the upper and/or lower eyelids.

## How Do I Begin?

The first step in the eyelid surgery process is setting up a personal consultation with Dr. Stevens.

During your consultation, the doctor will discuss your specific cosmetic goals and assess your physical and emotional health. Dr. Stevens will detail the various options for this procedure as well as the likely outcomes of surgery. Potential risks, complications and your health history will also be discussed at this time and any questions that you may have will be addressed.

Based upon your individual case, Dr. Stevens will develop and recommend a specific course of treatment for you. Remember that by carefully following Dr. Stevens' advice and instructions – both before and after surgery – you can do your part to minimize some of the risks.

## Health Considerations

It is important that you inform Dr. Stevens of your current and past health conditions. This should include the following: previous surgical procedures; current medications; the use of vitamins, herbal supplements, nutritional supplements, alcohol, tobacco, and drugs; and any medical conditions that you may have such as cardiovascular disease, high blood pressure, circulatory disorders, or diabetes.

### GLOSSARY OF TERMS

- **Blepharoplasty Surgery:** A cosmetic surgical procedure that reduces bagginess from lower eyelids and raises drooping upper eyelids. The procedure involves the removal of excess skin, muscle and underlying fatty tissue.
- **Drooping Eyelids:** Excessive sagging of the upper eyelid.
- **Transconjunctival Incision:** An incision hidden inside the lower eyelid.
- **Transpositioned:** the act of moving to a different area; in this case, fat being redistributed to another area.
- **Browlift:** A surgical procedure in which the skin of the forehead and eyebrows is tightened to eliminate sagging eyebrows or correct frown lines in the forehead
- **Surgical Endoscope:** A non-invasive procedure that uses a camera in surgery
- **Glaucoma:** Glaucoma refers to a group of eye conditions that lead to damage to the optic nerve, the nerve that carries visual information from the eye to the brain.
- **Dry Eye:** Caused by a lack of tears. Tears are necessary for the normal lubrication of your eyes and to wash away particles and foreign bodies.

It is also imperative that you disclose medical conditions such as eye disease (such as glaucoma), dry eye, detached retina, thyroid disorders (such as Graves' disease), un-active or over-active thyroid.

## Other Procedures to Consider

If you are also looking to smooth a lined or furrowed forehead, a browlift is recommended in conjunction with eyelid surgery. This procedure is most commonly performed with minimally invasive techniques using a surgical endoscope via small incisions in the scalp. Another procedure that you may want to combine is the midface lift. The midface lift corrects sagging in the cheek region and pronounced nasolabial folds (creases from the nose to the outer corner of the mouth) may be performed at the same time. Fractional CO2 Laser Resurfacing is also recommended.

Make sure to ask Dr. Stevens for recommendations if you're considering more than one procedure at once.

## GLOSSARY OF TERMS

- **Detached Retina:** A separation of the light-sensitive membrane in the back of the eye (the retina) from its supporting layers.
- **Thyroid Disorders:** The most common problems of thyroid disorders involve abnormal production of thyroid hormones. The thyroid gland influences almost all of the metabolic processes in the body.
- **Un-active or Over-active Thyroid:** Hyperthyroidism is a condition in which the thyroid gland makes too much thyroid hormone. Hypothyroidism is a condition in which your thyroid gland doesn't produce enough of certain important hormones.