



RESHAPE & RESTORE

# Blepharoplasty

Factsheet / Page 1/3

## Introduction

Reshape & Restore has put together this factsheet for anyone who is considering blepharoplasty. We understand that undergoing a surgical procedure is not often an easy decision, and you may have many questions.

The aim of this factsheet is to outline the details of the blepharoplasty procedure, explaining how it works, how it's carried out and what to expect from the results. Being fully informed about the potential risks and complications of surgery, can help to answer any concerns which may help you in making a clear decision.

Every patient's surgery is a unique experience and the approach we take at Reshape & Restore is tailored to suit your specific needs. It is important to understand that as the requirements of each patient differ, so does the outcome. This will depend on a number of factors and with our guidance, we can help you to understand the realistic results that can be achieved.

## Why have blepharoplasty ?

The appearance of the eyes can change as a person gets older, and the eyes are often one of the first places where the signs of ageing are noticeable. Concerns with the eyes can include: droopy eyelids, dark circles, under eye bags and crow's feet wrinkles. These conditions can affect the appearance of the entire upper face, which often contributes to an overall tired look. It is many people's desire to hold on to their youthful looks, maintaining a rejuvenated appearance that is fresh and radiant.

Blepharoplasty focuses on improving droopy eyelids. These are often caused by ageing skin around the eyes that becomes stretched due to a decline in elasticity. This can be helped on by the repeated movements of the eyelids over time, as well as the skin being frequently pulled on, such as when rubbing the eyes,

administering eye drops and placing contact lenses. In many cases it is the way this condition looks that leads a person to seeking a treatment. However, droopy upper eyelids can also become quite significant and start to cover over the actual eye. This can then affect the overall quality of vision, which may then impact everyday life.

It is not always the ageing process that changes the appearance of the eyes. In some cases trauma or injury can be the reason the skin on the eyelids starts to sag. Reshape & Restore also carry out surgical procedures for restorative reasons, restoring the original appearance of certain features.

## The consultation

The consultation is the most important part of any treatment journey. Not only does it give you the chance to meet your surgeon, it provides the opportunity to discuss what is concerning you and what you are hoping to achieve from surgery. There are a variety of factors we need to consider before recommending any procedure, including: general health, skin type, risk of bleeding, how well you're likely to heal, smoking status, alcohol consumption and medications. We also examine the skin and tissues around the eyes and, using a mirror, we'll demonstrate the appearance you are likely to achieve. We'll provide information about how the procedure is carried out, any potential risks and complications, and what to expect during the recovery period. The aim of the consultation is to give you a better understanding of what undergoing surgery involves and what it can mean for you. As there is a lot of information to absorb, we don't expect you to make a decision there and then. It is our policy at Reshape & Restore to offer a second consultation at a later date so you have had some time to think, and consider the details of the operation - including reading any information leaflets that have been provided by

# Blepharoplasty

Factsheet / Page 2/3



us. In many cases a person goes away and finds they have other questions that weren't thought of at the time, which can then be addressed at the second consultation. Only when both you and us are completely certain that undergoing surgery is the right option for you, will we make an appointment. During this session we will also take some photographs of your 'before' appearance and give you the opportunity to speak with past patients - this has proven to be very valuable for many of our patients.

## What happens during the procedure?

Blepharoplasty can address droopy eyelids - both upper and lower. The results of the procedure can help to lift loose and sagging skin around the eyes, benefiting your facial aesthetics as well as improving your vision (if this is an additional concern). The surgery can be performed on both eyes, and on either the upper or lower eyelid, or a combination of both. During your consultation we will work with you to devise an individual treatment plan that considers your specific concerns and which outlines the best approach to achieve your desired outcome. Part of your treatment plan will suggest which anaesthetic we will use, and will be decided according to what we feel is in your best interests.

When carrying out an upper blepharoplasty we make an incision in the natural crease of the eye, which will also help to conceal any scarring. We will then trim away excess skin (as well as any fatty tissue, if this is necessary), before pulling the skin together and closing the wound. With the lower blepharoplasty, an incision is usually made in the lower lash line to enable the removal of skin and tissue. We may use a transconjunctival technique to the lower blepharoplasty when under eye bags / sagging skin is particularly advanced. A larger amount of skin and tissue may need to be removed in this instance, and the tissue may also need to be remodelled. With this approach we make an incision on the inside of the lower eyelid, and we will decide whether or not we use traditional or dissolvable stitches.

On the day of your surgery, you will be asked not to eat or drink anything from midnight, and you should not apply any creams, lotions to the face - particularly around the eyes. Many blepharoplasty procedures are carried out using a local anaesthetic and are treated as a day case. However, it is not uncommon for a person to spend one night in the hospital when a general

anaesthetic has been used. We usually advise that you have someone drive you home from the hospital and also to stay with you on your first night at home.

## What can i expect after the procedure?

Before we discharge you we will ensure you have been provided with suitable pain relief advice and some ointment to apply regularly to the wounds while they heal. It is not recommended that you use aspirin or brufen as these medications can increase bruising and the risk of postoperative bleeding. If any drains have been applied they will be removed, and we will arrange your first follow up appointment - usually 7 - 10 days after surgery.

Your upper face will have some degree of swelling, tenderness and bruising, immediately following the procedure. The skin may also feel tight, and you may experience some temporary numbness. These effects are expected to gradually settle over the next few weeks, and we ask that you keep the eye area dry for 1 week. You will find that sitting upright and sleeping propped up on pillows for around 2 weeks after surgery will help to minimise discomfort and swelling. Stitches will be examined at the first follow-up appointment, and may be removed if traditional stitches have been used. You should then be able to wash the area around your eyes, using non-perfumed products and warm water. When drying your face it is better to pat it gently using a soft towel, as rubbing will be uncomfortable and may disturb the wounds.

Having surgery can be hard on the body and it will use a lot of energy while it heals and recovers. You will benefit from taking it easy for a few weeks, only undertaking light duties and keeping activity levels low. Heavy lifting, rigorous exercise, swimming and the gym should be avoided for around 4 weeks. You can expect to need up to 2 weeks off work, depending on your job, when you should feel more comfortable to drive and resume normal daily activities. Our aftercare programme entails a series of follow-up appointments made approximately 1 week, 6 weeks, 3 months and 6 months after surgery. Your healing, recovery and development of results will be closely monitored during this time, and we will provide you with any necessary advice to ensure the outcome is effective.

# Blepharoplasty

Factsheet / Page 3/3



## What are the risks of surgery?

People who undergo a surgical procedure are usually concerned about how much scarring will be left behind. At Reshape & Restore we use modern surgical techniques which consider where incisions are made, and where scars will form. As the main cuts are made within the natural creases of the eyes, scarring is usually less noticeable. In some cases a person is prone to developing hypertrophic scars, which can be particularly thick or raised from the skin. During our follow-up procedures we will monitor how your scars are developing and if hypertrophic scars are becoming likely, there are ways we can treat this in the future.

During the consultation we will discuss potential complications, which are always a risk when undergoing surgery. Haematoma is a condition where blood collects under the skin, and is a risk in the first few hours after the procedure. If this occurs we will need to take you back to the theatre to have it removed. Infection is fairly uncommon and careful aftercare is often the best way to prevent an infection from developing, and a course of antibiotics will help to clear it up. We mentioned temporary numbness as a possible side effect, but in some very uncommon cases this can be prolonged. It happens if the nerves are bruised and don't start to work as quickly as expected. Although it can cause some alarm, in most cases it does resolve itself in time and doesn't remain permanent. The nerve branches to the muscles can also be vulnerable to becoming damaged, which may result in a fallen eyebrow. We will discuss how this is managed at the consultation. It is important to maintain your mobility while your body is recovering. You should try to move around regularly as you may risk developing Deep Vein Thrombosis (DVT), a condition where a blood clot forms in the leg. This only happens in around 1% of cases and we provide medication for you to take after the procedure to minimise the chance of this occurring.

If at any time you are concerned with your healing, or experience prolonged side effects / a burning sensation / discharge from the wounds, you are welcome to contact the Reshape & Restore team. Particular symptoms to look out for include: temperature above 38.5, pain and discomfort that is not relieved through painkillers, bleeding or discharge from the wounds and sudden swelling at the wounds.

## What results can i expect?

The results of the blepharoplasty procedure often take several weeks to fully develop. During this time you will experience a degree of swelling, bruising and sensitivity, and until all swelling has disappeared the outcome may not be completely visible.

At around 6 weeks after surgery, the eyes will be looking more open and youthful, and quality of vision should also improve. If this procedure has targeted the lower eyelid, the appearance of eyebags and puffiness should significantly reduce.

As blepharoplasty is a surgical procedure it has long-term results that many patients feel doesn't need repeating. It is important to understand that although this surgery removes loose skin, the ageing process will still affect the skin and elasticity will continue to decline. This may or may not affect the appearance of the eyes in such a notable way, but it is worth being mindful that droopy eyelids and sagging skin beneath the eyes may develop once again some time in the future.

## Disclaimer

We are unable to make any guarantees to the outcomes of your procedure as the results of cosmetic surgery differ from patient to patient. It is prudent to note that whilst potential outcomes may have been discussed, these can sometimes be modest. Beauty is entirely subjective, and therefore what is good / achievable for one person may not be good / achievable for another. We can only guide you to what we expect your outcome to be, during the consultation. It is also possible that post procedure, other areas of the body may become more noticeable such as: arms, flanks or thighs. This is more common with procedures such as breast augmentation or tummy tuck.

Surgery comes with no guarantee of happiness and cosmetic surgery should not be undertaken lightly. Before proceeding, you must be certain that you can cope both physically and mentally should any complications arise as a result of your decision to undergo a surgical procedure. For this reason we recommend that you do not hide the fact from friends or family, rather you involve them in the decision making process so you can be sure you have an adequate support network should you need it.