

# THE EYES HAVE IT

## SURGICAL OPTIONS

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It has often been said that the eyes are the windows to your soul. So what happens when the window shades droop over the windows? Excess skin folds, undesired bulges, or drooping of the upper lids make you look tired and older than you feel. Eyelid surgery, also known as Blepharoplasty, corrects the bulges and wrinkles around your eyes, resulting in a more rested and youthful appearance. It can also be performed on fairly young individuals to correct hereditary heavy eyelids.

### ABOUT THE SURGERY

Eyelid surgery is usually performed as a day surgery, with little discomfort, under local or general anesthesia, and under normal circumstances, takes between 1 to 2 hours to perform. The incisions are made in an inconspicuous site along the natural folds of the eyelids, or lash-line, where scars are least visible. The excess skin, muscle, and sometimes pockets of fat, are then removed, and the incisions are closed with fine sutures, which can be removed between 5 to 7 days later.



Immediately after the surgery, you can be up and about. A certain degree of swelling and bruising is normal, and cold compresses, as

well as head elevation when lying down, and eye drops, will enhance healing and relieve discomfort. You may be advised to limit certain activities for approximately 2 weeks following the surgery, following which you will most likely be able to return to your normal activities. Some mild swelling and the incisions continue to fade over time.

### IDEAL CANDIDATES

While most people who undergo eyelid surgery are older than 35, those who have inherited droopy or baggy eyelids sometimes undergo the procedure at an earlier age. Ideal candidates for this surgery are people in good physical and mental health, who have realistic expectations about the outcome of the procedure, and who have taken the risks of surgery into consideration. These risks must be discussed with your surgeon during the consultation.

Even those who seem like ideal candidates may not be well-suited

for eyelid surgery, especially if they have specific medical or eye conditions that may be aggravated by the procedure, or may increase the risk of surgery. These include people who suffer from insufficient tear production, high blood pressure, diabetes, circulation disorders, or thyroid disease.

### COMBINING NON SURGICAL TREATMENTS

Many patients combine eyelid surgery with other non surgical treatments such as Botox for wrinkle reduction, especially in the crow's feet. Fillers, such as Restylane, can be used to replace lost cheek volume, and soften the crescent-shaped hollowness at the lower eyelid-cheek junction, to camouflage lower eyelid puffiness. Additionally, laser resurfacing with a Fraxel laser can improve the texture of crêpey

and wrinkled eyelid skin. These procedures can be performed alone or at the same time as the eyelid surgery.

### PLANNING THE CHANGE

In considering any surgery, you must first be motivated to make the change for yourself, rather than to please others. The best source of information is your facial cosmetic surgeon who will discuss the options, define the expectations and inform you of any risks. Educate yourself about the procedure options and the surgeon's qualifications and training. If you're found to be a good candidate, eyelid surgery can correct those puffy or droopy upper eyelids and reduce those under-eye bags that make you appear older and more tired than you feel. By changing how you look, facial plastic surgery can help change how you feel about yourself, and let your light shine through.

