

## Eyelid surgery (Blepharoplasty)

Eyelid surgery aims at removing excess skin, fatty deposits and wrinkles around the upper and lower eyelids. Goal is to create a more rested, refreshed, and youthful look. In certain cases this procedure may be medically indicated, e.g. in patients with restricted visible fields due to sagging eyelids. Eyelid surgery may be performed alone or in combination with other procedures (e.g. midface lift). It is essential to tailor the operative plan to the patient's needs and wishes.

### Consultation

During the initial consultation your wishes and goals as well as possible reservations will be addressed in detail. Subsequently, a careful physical examination is conducted and an individually tailored treatment plan formulated. Preoperative photographs are used for explaining the procedure in a step-by-step manner. Available procedures are then discussed including possible limitations and risks. Our goal is to provide you with a realistic image of what you can expect from such a procedure.

### At a glance:

#### Length of procedure:

- Approx. 1-2 hours

#### Postoperative care:

- Cool eyelids
- Suture removal within 5-8 days

#### Anesthesia:

- Local + Sedation

#### In-patient stay:

- Outpatient

### Procedure

In the majority of cases this outpatient procedure is performed under local anesthesia with sedation. Multiple techniques are applied depending on the individual needs and wishes. Depending on the physical finding lower eyelid surgery may be performed either by a hidden incision from inside of the eyelid (transconjunctival) or by an external approach (subciliar). Fatty deposits are removed whenever indicated. However, more frequently we use a modern technique of repositioning fatty deposits, thus, avoiding a hollowed appearance of the eyes. A lower lid blepharoplasty may be combined with a subperiosteal midfacelift.

### Postoperative Care

Paresthesias are rare. The eyelids should be cooled postoperatively. Stitches are removed within 5-8 days. The patient may return to work within one week. Scars are almost invisible.