**EYELID SURGERY (BLEPHAROPLASTY)**

**FREQUENTLY ASKED QUESTIONS (FAQs)**

1. **What is blepharoplasty?**

   Blepharoplasty, or cosmetic eyelid surgery, is a surgical procedure that improves the upper and/or lower eyelids. The upper blepharoplasty is aimed at correcting the sagging skin that overhangs the upper lid. The surgery for the upper eyelids removes mostly skin and a small amount of fat from the inner corner of the eye. The eyelid surgery can also add an upper eyelid crease to Asian eyes.

   The lower blepharoplasty is aimed at correcting the loose skin and the “bags” that form underneath the eye. The result is a natural and refreshed look. Eyelid surgery may be performed on its own or it may be combined with other procedures such as a browlift or skin resurfacing.

2. **Who is not a suitable candidate of blepharoplasty?**

   Patient who suffers from brow drooping need a brow lift procedure and blepharoplasty may not help them. Patients that may have puffy lower eyelids due to allergies will not achieve improvement with the blepharoplasty procedure.

3. **Who is the best candidate for blepharoplasty?**

   The best candidates for blepharoplasty are healthy men and women who have sagging upper eyelids or lower eyelids that are puffy with loose and creepy skin. Though most eyelid surgery patients are aged thirty-five or older, surgery can be performed on younger patients, particularly when droopy or baggy eyelids are hereditary.
4. What happens during a consultation for blepharoplasty?

During your consultation, Dr. Ansari will examine and evaluate you and explain the surgical procedure from beginning to end. This explanation will include the surgical technique he will use, where the surgery will be performed, what type of anaesthesia, and a step-by-step explanation of what the recovery will be like. You can ask any question during the consultation if you like. Dr. Ansari will be more than happy to answer it. Later on if you develop any further questions you can email them to us or organise another free consultation if you like.

6. Where is Blepharoplasty surgery performed?

Most of our surgical procedures are performed in Day Surgery unit under twilight sedation and local anaesthesia. If we or the patient prefers general anaesthesia or if the procedure is combined with other major surgery, Dr. Ansari will perform the procedure in a hospital with GA facility and with the assistance of the qualified anaesthetist.

7. What preparation do I need to do?

Usually a simple blood test is performed before the procedure and antibiotic tablets are prescribed. Aspirin and anti-inflammatory medications which are blood thinners are stopped at least a week before surgery, and fish oil and some vitamins are stopped for the same reason. It is not usual to have to stop any other prescription drugs.

8. What happens on the day surgery?

People arrive for the surgery about half an hour before surgery. Sometimes a small dose of sedative is given then. After photographs are taken and the procedure fully explained (this is also done at the consultation), accurate measurements are made of the skin to be removed and the patient reviews this with the doctor. The patient is relaxed with some more sedation. A small amount of strong local anesthetic is used to numb the skin and tissues and allowed to work for about 10 minutes and then surgery is performed. Once surgery is finished, patient rests in recovery for about 45 minutes. It is not possible to drive home, but a taxi can be called if you do not have anyone who can drive you home.

9. How is the actual blepharoplasty procedure performed?

Upper Blepharoplasty is performed via a small incision in the crease of the upper eyelid. This incision heals very well and will be imperceptible once healing has occurred. The skin is removed and then a small amount of muscle and fat can removed or repositioned if required. The skin is then closed with small stitches.
Lower Blepharoplasty can be done from an incision underneath the eyelashes (subciliary approach) or through inside the eyelid (transconjunctival). The skin and muscle are elevated, and the fat can be removed. A tiny strip of skin is then removed if required and the muscle is then tightened. The incision is then closed with small stitches. It takes around one hour for either upper or lower blepharoplasty surgery to be performed alone or around 2 hours if performed together.

10. Are there scars that result from blepharoplasty?

The skin in the eyelids is the thinnest skin in the body. The incisions, when placed well, will heal well and be imperceptible.

11. Is blepharoplasty a painful procedure?

The blepharoplasty procedure is normally not painful. Patients typically complain of a burning sensation in the eyelids one hour after the procedure. The discomfort will generally last about 1 hour.

12. How is recovery period after blepharoplasty?

The blepharoplasty surgery is ambulatory, meaning that the patient is allowed to return home the same day of the surgery. The patient returns to see Dr Ansari in his rooms around 6th – 7th post-operative day. At that time, the sutures are removed. From that point on, any bruising will start to quickly subside. Women can wear make up after the sutures are removed. About 70% of the swelling resolves in the first 2 weeks. The remainder takes about 2 months to resolve. However, this is mild swelling that is not perceptible. Most patients are well enough to return to work by the seventh post-operative day.

13. How soon after my blepharoplasty procedure will I be able to exercise?

It is recommended not to perform strenuous exercises for at least 3 weeks after surgery.

14. What are the risks or complications that can occur with blepharoplasty?

The potential complications that may occur with blepharoplasty include the following: bleeding, dry eyes, slight asymmetry in healing or scarring, swelling at the corners of the eyelids, temporary blurred vision, and ectropion (eversion of the eye lids).
15. Are there any limitations to what eyelid surgery (blepharoplasty) can achieve?

Eyelid surgery cannot improve dark circles, fine lines, and wrinkles around the eyes or sagging eyebrows which can be treated with other procedures such as skin resurfacing or a browlift.

16. Can I get a Medicare benefit?

There is a Medicare item number for reduction in the skin of the upper eyelid if the skin is sitting on the eyelashes. If this is the case, the Medicare Safety Net combined with Medicare will give you over 50 percent of the total fee as a rebate. All procedures at the Crows Nest Cosmetic & Vein Clinic are performed on an out-patient basis. This is why people can benefit from the Medicare Safety Net for these procedures.

17. How do I schedule an initial consultation for blepharoplasty?

Dr. Ansari is an experienced surgeon who is dedicated to helping patients achieve the results they desire. If you are interested in experiencing the benefits of blepharoplasty for yourself, contact My Cosmetic Clinic.

You can call us on 0298177585 during working hours. You can book your appointment online via our website www.mycosmeticclinic.net or you can send an inquiry through our website and we will come in contact with you as soon as possible.