



ACADEMY
FACE AND BODY



EVERYTHING
YOU NEED TO KNOW ABOUT
BLEPHAROPLASTY

What Is a **Blepharoplasty**?

Blepharoplasty is an eyelid reshaping surgery that removes excess skin and fat from around the eyelid. There are three types of eyelid reshaping surgical procedures:

1 UPPER BLEPHAROPLASTY

To correct “hooding” of the upper eyelid, upper blepharoplasty involves an incision within the crease of the upper eyelid where excess skin and fat is removed.

2 LOWER BLEPHAROPLASTY (EXTERNAL INCISION)

Used to correct skin excess, wrinkles and puffy bags, lower blepharoplasty is done with an incision made close to the lower lash line.

3 LOWER BLEPHAROPLASTY (INTERNAL INCISION)

Lower blepharoplasty with an internal incision corrects puffy bags and excess fat under the eyes. An incision is made on the inside of the lower lid, leaving no visible scar. No skin is removed using this type of blepharoplasty.



Are you a candidate **for Blepharoplasty?**

WHO IS A GOOD CANDIDATE FOR EYELID RESHAPING?



Eyelid reshaping is suitable for people with:

- Impaired peripheral vision
- Drooping or hooded upper eyelids
- Wrinkles under the eyes
- Eyes feeling & looking tired/heavy
- A single eyelid that would like to create a double eyelid appearance
- Bags or puffiness beneath the eyes



WHO IS A NOT A GOOD CANDIDATE FOR EYELID RESHAPING?



Blepharoplasty is unsuitable for people that:

- Are worried about crows feet (wrinkle relaxers would be the best treatment here)
- Have dark circles & dry eyes
- Have unrealistic expectations



The **procedure**

**DR OATES PERFORMS
EYELID RESHAPING AT
THE ACADEMY DAY
HOSPITAL IN PERTH UNDER
A COMBINATION OF
LOCAL ANAESTHETIC AND
TWILIGHT SEDATION.**

The procedure will take between 60-90 minutes and can be performed under general anaesthetic if requested.



How long will I need off work?

Most patients that have undergone eyelid reshaping surgery will need 7-14 days off work depending on the level of physical activity in their industry.



The recovery

You will remain in the recovery room for one to two hours and you will need to arrange for someone to drive you home after the surgery. A post-operative review is carried out at Academy Day Hospital by our team of registered nurses.

If you have had stitches in the surgery, these will be removed 5-6 days after surgery. Any swelling or bruising can be covered by make up after 10 days.

IS THERE DISCOMFORT?

The feeling that most patients report is mild to moderate discomfort due largely to the swelling. Discomfort can be eased with medication that is available over-the-counter. Rarely, strong pain may be experienced by patients which can be managed with stronger, prescribed medications.



Pre and Post-Operative Care

Pre and post operative care will be carried out by our nurses, including pre-operative assessment and post-operative wound management. A skin care program is created for you by our highly qualified dermal therapists. Included in the cost of your surgery, proper skin care routines will help prepare and treat your skin for surgery. A maintenance program will be recommended to you by your dermal therapist as part of your post-operative care.

Post-operative Care **Blepharoplasty**

BRUISING & SWELLING

Swelling and bruising will vary for each person. Current surgical techniques minimise this but occasionally some patients do have a higher level of bruising or swelling which in no way affects the final result.

Ice packs applied for 30-60 minutes will reduce the swelling and after 1-2 weeks you shouldn't expect any swelling or bruising. If the bruise spreads to the white of the eye and turns bright red, don't panic. The bruise will settle in around 2 weeks.

MILIA

Sometimes milia (small whiteheads) can form in reaction to sutures. Eyelid skin is more prone to milia than other areas, especially in people with oily skin. They are not a problem and are easily treatable.

WATERY OR DRY EYES

Watery or dry eyes may occur after the surgery and can last for a few weeks. It is rare for this to continue beyond three months.

Chemois (jelly eye) can occasionally develop in blepharoplasty patients which causes some swelling in the clear portion of the eye. Eyedrops can help chemois to settle quicker, although this will settle on its own.



Post Face-lift **Information continued...**

EYE SHAPE

Going into eyelid reshaping surgery most people start with eyes that are slightly different shapes. our surgeons make every attempt to make the eyes as asymmetrical as possible but occasionally there are minor differences between the eyes. This poses no medical issue and the difference is too small for other people to notice.

UNDER CORRECTION

Sometimes not quite enough skin is removed in order to prevent the serious complication of excessive skin removal that can limit full closure of the eye. Undercorrection can be simply resolved with trimming of any extra skin under local anaesthetic as required.



SCARRING

Blepharoplasty has been specifically designed to improve the skin and soft tissues around the eye. Occasionally the soft tissues heal in a way that gives a slightly unnatural appearance to the eyelid. Rarely, this can require revision to improve the shape.

The majority of the time scars from eyelid surgery heal extremely well. Patients with a history of keloid or hypertrophic scarring may have scars that remain more noticeable. You should let your surgeon know prior to surgery if you have previously had problems with scar healing.

DOUBLE VISION

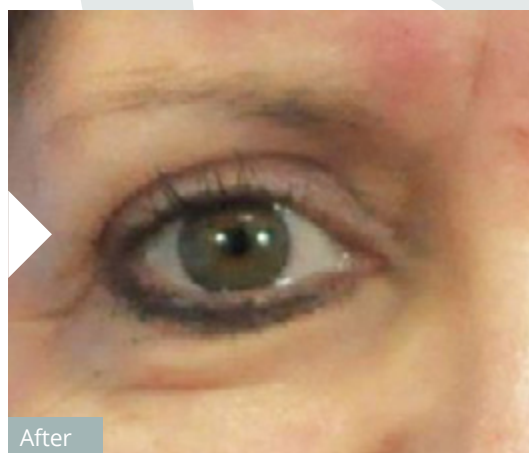
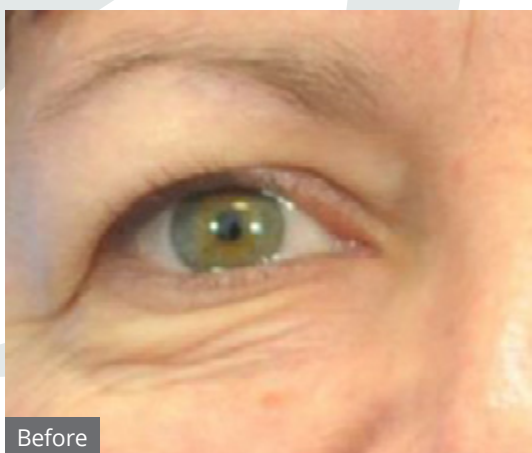
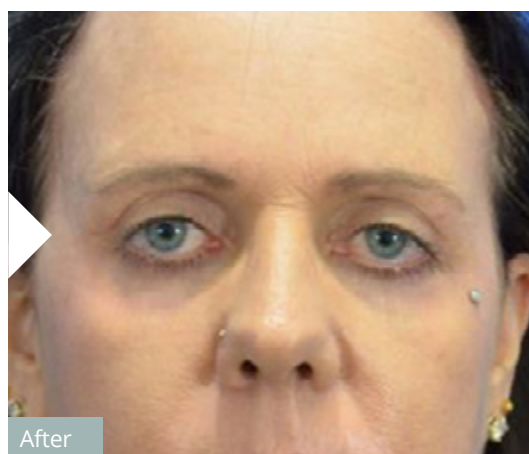
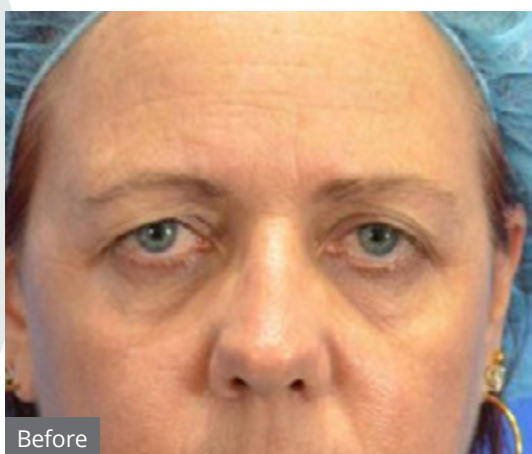
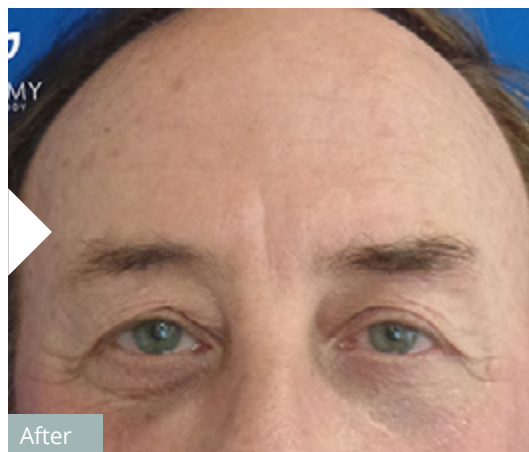
In the immediate post-operative period double vision can occur and settles quickly. Rarely the double vision will persist and further treatment is required.

VISUAL LOSS

There have been very rare cases where people have lost their eyesight following eyelid surgery and is usually due to bleeding behind the eye.

Significant pain is not to be expected after surgery. If you experience any serious pain after surgery it is crucial that you inform your surgeon.

Actual results from our patients
from Dr Jayson Oates at Academy Face And Body



What are my **next steps?**

If I am interested, **what now?**

Your first step is an initial consultation Dr Oates.

If you have a referral you will be able to claim some of the cost of the consultation from Medicare.

If it is decided by Dr Oates that you are a suitable candidate for eyelid reshaping surgery and you want to go ahead, the surgery and pre-operative care is scheduled. The waiting period is around 3-4 weeks.

COMPLIMENTARY **CONSULTATIONS**

You may wish to speak with our Nurse Consultant prior to seeing the doctor.

COME AND SEE DR OATES AT ACADEMY FACE AND BODY
FOR A CONSULTATION.

During this complimentary consultation in our Perth office, the Nurse Consultant can go over your cosmetic concerns, and the surgical and non-surgical options that are available to you.

CALL US ON **(08) 9382 4800**

