



## EYELID SURGERY

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### Introduction

**Eyelid surgery**, or blepharoplasty, is a surgical procedure to improve the appearance of the eyelids.

Surgery can be performed on the upper lids, lower lids or both.

Whether you want to improve your appearance or are experiencing functional problems with your eyelids, eyelid surgery can rejuvenate the area surrounding your eyes.

### What Eyelid Surgery Can Treat

- Loose or sagging skin that creates folds or disturbs the natural contour of the upper eyelid, sometimes impairing vision
- Fatty deposits that appear as puffiness in the eyelids
- Bags under the eyes
- Drooping lower eyelids that reveal white below the iris
- Excess skin and fine wrinkles of the lower eyelid

### What Should I Expect During A Consultation For Eyelid Surgery?

Your plastic surgeon :

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Take photographs
- Discuss your eyelid surgery options

- Discuss likely outcomes of eyelid surgery and any potential risks
- Discuss the type of anesthesia that will be used

## **What Questions Should I Ask My Plastic Surgeon About Eyelid Surgery?**

Use this checklist as a guide during your **eyelid surgery consultation**:

- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

## **What Are The Risks Of Eyelid Surgery?**

The decision to have plastic surgery is extremely personal and you will have to weigh the potential benefits in achieving your goals with the **risks and potential complications of eyelid surgery**. Only you can make that decision for yourself.

You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks and potential complications.

## **How Should I Prepare For Eyelid Surgery?**

In **preparing for eyelid surgery**, you may be asked to:

- Get lab testing or a medical evaluation
- Stop smoking
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding and bruising

## **What Are The Steps Of An Eyelid Surgery Procedure?**

An **eyelid surgery procedure** includes the following steps:

### **Step 1 – Anesthesia**

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation or general anesthesia. Your doctor will recommend the best choice for you.

## Step 2 – The incision

The incision lines for eyelid surgery are designed so the resultant scars will be well concealed within the natural structures of the eyelid region.

The upper eyelid can be corrected through an incision within the natural crease on the eyelid. This allows for removal or repositioning of fat deposits, tightening of muscles and removal of excess skin.



Conditions of the lower eyelid may be corrected with an incision just below the lower lash line. Through this incision, excess skin in the lower eyelid is removed. Again, the excess fat can be repositioned or removed.

A transconjunctival incision, created on the inside of the lower eyelid, is an alternate technique to correct lower eyelid conditions and redistribute or remove excess fat. With this technique, no skin is removed.



## Step 3 – Closing the incisions

Eyelid incisions typically are closed with sutures or skin glue. Sutures are removed within one week.

## Step 4 – See the results

The results of eyelid surgery will appear gradually as swelling and bruising subside to reveal a smooth, better-defined eyelid and surrounding region, and a more alert and rejuvenated appearance.

## What Should I Expect During My Eyelid Surgery Recovery?

During your **eyelid surgery recovery**, lubricating ointment and cold compresses may be applied, and in some cases your eyes may be loosely covered with gauze, after your procedure is completed.

You will be given specific instructions that may include how to care for your eyes, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your overall health and when to follow-up with your plastic surgeon.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- Are stitches removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

## What Results Should I Expect After Eyelid Surgery?

The **results of eyelid surgery** will be long-lasting. While there usually is little pain involved in this surgery, there can be swelling or bruising.

Following your postoperative instructions is essential to the success of your surgery.

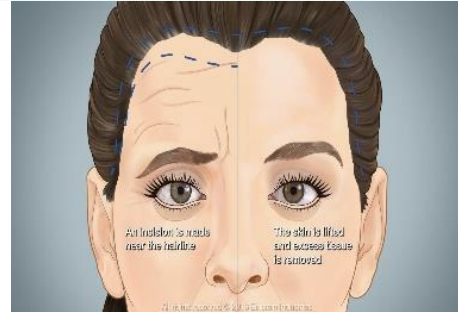
## Before & After Photo





## BROW LIFT

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### What is A Brow Lift?

A **brow lift**, also known as a forehead lift:

- Reduces the wrinkle lines that develop horizontally across the forehead, as well as those that occur on the bridge of the nose, between the eyes
- Improves frown lines, the vertical creases that develop between the eyebrows
- Raises sagging brows that are hooding the upper eyelids
- Places the eyebrows in an alert and youthful position

### Who Is A Good Candidate For A Brow Lift?

As we age, unsightly wrinkle lines may appear on the forehead. Frown lines between the brows can make us look angry or "too serious." Skin relaxation may cause the eyebrows to drop, hooding our upper eyelids and making us look tired. If you are bothered by these signs of aging in the brow region, a brow lift may be right for you.

### What Are the Steps Of A Brow Lift Procedure?

#### Step 1 – Anesthesia

You will be given anesthesia so that you will be comfortable during the surgical procedures. Your surgeon will suggest either intravenous sedation or general anesthesia.

## Step 2 – The incision

Brow lifts can be performed in different ways. Some surgeons prefer using an endoscope (a thin tube with a camera on the end) and special instruments placed through small incisions made within the hairline. This allows the tissue and muscle beneath the skin to be adjusted, correcting the source of visible creases and furrows in the forehead.

### Endoscopic incision



Some surgeons prefer to perform a browlift through what is called a "coronal incision" The coronal incision is created from ear to ear across the top of the head within the hair-bearing skin.

The forehead skin is then lifted and any muscle adjustment can be made under direct visualization. The resulting scar from a coronal brow lift is well concealed within the hair.

### Coronal incision



## Step 3 – Closing the incisions

Brow lift incisions typically are closed with:

- Removable or absorbable sutures
- Skin adhesives
- Special clips

#### Step 4 – See the results

Results appear within a few weeks as swelling and bruising subside to reveal smoother forehead skin and a more youthful, rested appearance.

#### What Should I Expect During My Brow Lift Recovery?

During your **brow lift recovery**, your forehead may be taped and/or your head may be loosely wrapped to minimize swelling and bruising after the procedure is completed.

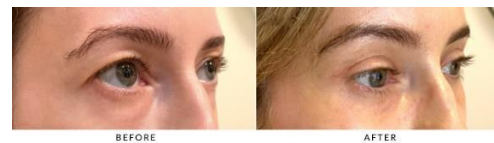
You should keep your head elevated and perform no vigorous physical activity for as long as your surgeon recommends.

#### Brow Lift Surgery Recovery Time

Initial wound healing may take 10 to 14 days. Sutures or clips will be removed when it is appropriate. You should be ready to return to work and normal activity after 10-14 days.

Following your physician's instructions is essential to the success of your surgery.

#### Before & After Photo

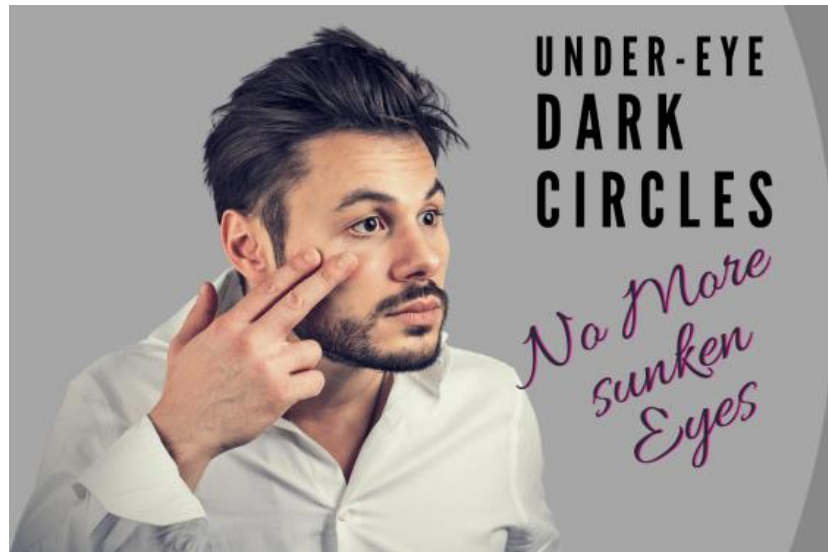






## DARK CIRCLE

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This small disease affects us everyone.

If not treated it changed to under eye bags, gives you older and tensioned Diseased look,

### Causes

Genetics

Ageing

Lifestyle

Bad sleeping habits

Medication

Nutrient deficiency

Dehydration

Allergy

Weight loss

Habit of smoking



Iron deficiency

Heavy intake of alcohol

Frequently rubbing of eyes

Hormonal issue (thyroid)

## **Under Eye Dark Circle Treatment**

### **Chemical Peels**

Most common and cost effective method.

Argi peel, glycolic acid, alpha-hydroxy acid, mandelic acid are used according to under eye issues.

### **Fillers**

Some people have under eye dark circles due to deep bone and thin skin over it.

It can be corrected by hyaluronic acid fillers which is safe, highly effective, restores the volume of under eye.

It shows the immediate results.

In under eye dark circle we use the fine dermal fillers.

### **Laser Treatment**

Q-switch laser treatment in under eye dark circle lightens the area of under eye.

It requires few sessions to see the results.

Mesotherapy

In mesotherapy we use different lightening agents which are penetrated and in due course of time lightening is seen.

**Visual Animation**  [Adi care 007](#)

## **FOR APPOINTMENT**

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