

Frequently Asked Questions About Eyelid Surgery

Which procedures does the practice perform?

- Blepharoplasty (excess skin/fat)
- Ptosis Repair (weakened eyelid muscles)
- Ectropion Repair (eyelids turning outward)
- Entropion Repair (eyelids turning inwards)
- Lesion Excision (bumps, cysts, skin tags, etc.)
- Chalazion Incision & Curettage (stye)

What is a Blepharoplasty?

It is a surgical procedure that helps to restore a youthful, energetic appearance to your eyes by removing excess, sagging skin and the fat that can make your eyelids puffy. It can be performed on the upper and/or the lower lids.

How Do I Know if I Need a Blepharoplasty?

Often, the first sign you might need a blepharoplasty is if people start asking you if you are tired, sad, or angry, no matter your mood or energy level. You may also notice that your eyelids are sagging or looking puffy. You may notice that you look tired, sad, or older. Do you have trouble holding your eyelids open in the afternoon? However, aging in the eye area is complicated, and it can be hard to know what procedures might be best in your case without an evaluation.

What does blepharoplasty correct?

Your eyes are one of the focal points of your appearance. They communicate more than just a look, they also give people an impression of your personality, energy, and attitude. When your eyes begin to look perpetually puffy, tired or angry, it is not just a question of appearance, it can have a significant impact on your personal and professional relationships.

Eyelid surgery is a facial rejuvenation procedure that restores both your vision and your youthful, refreshed appearance by:

- Removing obstruction of visual field
- Raising sagging eyelids
- Removing slack or hanging skin from eyelids
- Removing fat from puffy eyelids
- Filling in hollows under the eyes that make you look tired
- Help improve dark circles under eyes

What Type of Lower Lid Blepharoplasty Do I Need?

The type of lower lid blepharoplasty recommended for you depends on the exact conditions of aging in your lower lids. If you just have puffiness in the lower lids, then we can perform a transconjunctival blepharoplasty, whose only incision is inside the lower eyelid. If you need excess skin removed, a secondary incision is made just below the lower eyelashes. Finally, drooping in the lower lids can be corrected using a canthopexy, which tightens the ligaments that support the lower eyelid, thus correcting “sad looking eyes”.

Can My Upper and Lower Eyelid Blepharoplasty Be Done at the Same Time?

Yes. It is common for both surgeries to be performed at the same time.

How is the surgery performed?

The skin is identified and marked appropriately.

An injection of local anesthetic is made.

The redundant skin and/or fat is removed.

The area is closed with non-dissolving sutures.

How long is the procedure?

Between 60-90 minutes depending on the individual patient's situation.

What are the options for pre-procedure jitters?

We can provide medication to relax prior to the procedure if desired.

You must have a driver accompany you if you plan to take this medication.

Please let us know at your consultation if you would like this option.

What kind of anesthetic is used?

An injection of local anesthetic. No sedation is used for this procedure.

An anti-anxiety medication is available for those who need it or the procedure. A driver is required.

Will there be pain?

You will experience mild discomfort with the injection of the anesthetic. You may experience tightness, aching, and a sharp stinging sensation at times after surgery. This will improve with good compliance with post-operative restrictions and medications.

Where does the procedure take place?

In our procedure room at the office. No need for a surgery center!

What is the recovery time?

Every patient is different given their overall health history and medications. The bruising from the procedure will dissipate within a few weeks. If you are an easy bruiser or are on blood thinners the bruising could take longer to resolve. The pain from the incisions can be mitigated with over-the-counter Tylenol and intermittent ice pack usage. Expect the discomfort to resolve in the first week or so.

What medication do I take after surgery?

You will apply an ointment three times a day for a week to the suture line with clean fingers.

How do I manage post-operative pain?

Alternate between 15 minutes on and 15 minutes off with an ice pack. Sleep elevated (propped up on pillows/recliner) for the first 3 nights after surgery.

Pain can be managed with over-the-counter Tylenol.

Alternatives are available on a case-by-case basis.

When are the sutures removed?

At your 1 week post operative appointment.