



eye bag removal (*blepharoplasty*)

When considering cosmetic surgery, it is important that you are fully informed on all aspects of the procedure that you are seeking.

What is blepharoplasty?

In eye bag removal (blepharoplasty) excess skin and fat are removed from the eyelids in order to produce a more alert and youthful appearance. As we get older, our skin naturally loses some of its elasticity, the skin of our eyelids becomes loose.

The excess skin of the upper lid may fold over, producing a hooded effect. In the lower lid the result may be deepening furrow or creases. In addition, as we get older our facial muscles weaken allowing the fat that cushions the eye to protrude, producing noticeable bags under the eyes.

Who is suitable for eye bag removal?

- Men and women who have developed significant eye bags with advancing years.
- Patients who have a familial tendency to develop prominent eye bags in their early twenties.
- Patients with significant eye and eyelid changes associated with thyroid disease.

What to think about at this stage?

It is important that, before you see the surgeon, you consider what you are trying to achieve from your surgery. In particular, you must understand that the surgeon will only be removing the skin and/or fat from the area immediately around the eye. Eye bag removal alone does not affect wrinkles, folds and creases that lie away from the area around the eye socket itself e.g. crows feet or laugh lines.

How is eye bag removal performed?

- The operation may be performed under either local anaesthesia alone, local anaesthesia with sedation or general anaesthesia.
- Either the upper or lower lids, or both may be performed at the same operation.
- Incisions are made in the natural lines of the eyelids allowing for both skin and fat to be removed.
- If only fat removal is required, then the surgeon may opt to remove the fat through an incision hidden just on the inside of the lower eyelid (transconjunctival blepharoplasty).
- It takes about one hour.
- With upper eyelids alone, many patients go home the same day. It is recommended that patients stay in hospital for one night if both eyelids are done.
- If your work is not physical, expect to return to work within two weeks.
- Expect to be back to normal physical activity within three to four weeks.



Profile

cosmetic surgery

Following the operation

As with all surgery, you must expect to feel bruised and sore. Your eyes are likely to be swollen. Make up and dark glasses can usually cover any bruising. The final result may not be obvious for three to six months. You may be asked to keep your head elevated for a few days to help the swelling go down. Cold compresses may be used several hours after surgery. Sutures are removed after three to five days.

To begin with, the scars will somewhat pink but will fade over a period of time. In many patients, they are barely visible in nine to twelve months. However, it is important to remember that no surgical scar ever totally disappears.

Risks and complications

Cosmetic surgery is amongst the safest of medical procedures. However, all patients must understand and accept that no surgical procedure is absolutely free from risk. At consultation, your surgeon will discuss these risks with you.

How long will the results of your eye bag removal?

For the great majority of patients, the results of their eye bag removal are permanent. Of course, in the younger patient the chances that further eye bags may develop with time are high.