

Comprehensive Guide to Blepharoplasty (Eyelid) Surgery

Dr Naveen Somia
Specialist Plastic Surgeon

F O R M E
i n s t i t u t e

 **ASAPS** Australasian Society of
Aesthetic Plastic
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Dr Naveen Somia | Specialist Plastic Surgeon
MBBS PhD FRACS | Reg MED0001189889 |
02 9387 2110 | naveensomia.com.au |
BONDI JUNCTION | BELLA VISTA | SYDNEY
ABN 20204195865

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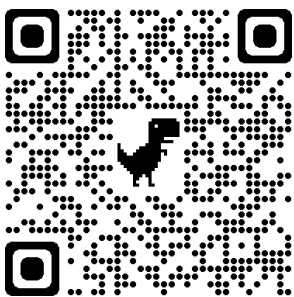
Written By

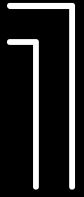
Dr. Naveen Somia - MBBS, PhD, FRACS
Specialist Plastic Surgeon
Reg MED0001189889

Past President – Australasian Society of
Aesthetic Plastic Surgeons (ASAPS).

Dr. Naveen Somia is a Sydney Plastic Surgeon who listens to his patients, understands their concerns and works alongside them to help achieve their goals. A published author on Plastic and Cosmetic Surgery, Naveen's patient friendly blogs and eBooks help you make the right choices in your quest to achieve your goals.

Dr Somia is registered by AHPRA as a specialist in plastic surgery after completing AMC accredited training and qualifying as a Fellow of the Royal Australasian College of Surgeons in Plastic Surgery. With additional advanced training in Eyelid Surgery and a PhD in Eyelid Surgery in the US, Dr Naveen Somia is trained to the highest Australian and international standards in Eyelid Plastic Surgery. For more details on Dr Somia's qualifications visit www.naveensomia.com.au or scan the QR code. Dr Somia has been in private practice for 16 years.





WHAT IS BLEPHAROPLASTY (EYELID) SURGERY?

WHAT IS BLEPHAROPLASTY

Eyelid surgery also known as blepharoplasty is a surgical operation that addresses the function and appearance of the eyelid. This includes excess eyelid skin, hooded eyelids, droopy eyelids and eyebags. Age-related changes of the eyelid are seen in the 40s, 50s and 60s.

BLEPHAROPLASTY ADVANCEMENTS

Blepharoplasty started as an operation to remove excess eyelid skin and has transformed over the years following cutting edge plastic surgery research. Research of the ageing process of the eyelid and the surrounding periorbital areas confirmed that all tissues in and around the eyelid age, not just the skin.

State of the art blepharoplasty (eyelid) surgery simultaneously addresses ageing changes in fat, muscle, connective tissue and tendons by combining modern surgical techniques to remove, reposition, reinforce, restore and re-drape the eyelid and periorbital tissues of skin, fat, muscle, ligaments and bone.

Plastic Surgeons aim to rejuvenate the eyelid and periorbital tissues (structures around the eyelid) using modern blepharoplasty surgery methods that include removal of minimal but precise amounts of skin and fat and focus on preservation of adequate skin, fat and muscle to restore contours, produce symmetrical eyelid creases, correct suborbital hollows and contours and restore the tone and position of the eyelid corner.

IS BLEPHAROPLASTY (EYELID) SURGERY COVERED BY MEDICARE OR FUND?

Upper eyelid surgery may be partly covered by Medicare and private health fund if classified as medical not cosmetic. Visual field testing showing visual restriction may be eligible for Medicare rebate and health fund cover (depending on your policy). Lower blepharoplasty (eyelid) surgery is considered cosmetic and not eligible for Medicare/fund cover.

WHAT RESULTS CAN I EXPECT AFTER BLEPHAROPLASTY (EYELID) SURGERY?

Generally speaking, blepharoplasty (eyelid) surgery will address the visible signs of ageing.

Upper blepharoplasty (eyelid) surgery will get rid of loose and excess eyelid skin and tighten and lift droopy eyelids. If you have eyelid hooding, it can be addressed. If you notice that your “eyeshadow space” is no longer visible and your eye shadow smudges, surgery to get rid of the excess and over hanging eyelid skin can help.

Lower eyelid surgery helps to remove loose and excess skin, remove eyebags and wrinkles around the lower eyelid, tighten the loose muscle and ligaments and blend the eyelid and cheek junction to address your cheek contours.

COMMON TYPES OF BLEPHAROPLASTY (EYELID) SURGERY

UPPER BLEPHAROPLASTY (EYELID) SURGERY - ALSO KNOWN AS EYELIFT

Addresses the commonly seen eyelid ageing changes namely excess eyelid skin, hooding of eyelids, droopy or weak eyelid and double eyelids. Less common reasons include asymmetrical eyelids, creating an eyelid crease or addressing an uneven eyelid crease. Also known as an "eyelift".

LOWER BLEPHAROPLASTY (EYELID) SURGERY

Addresses eyebags and loose/excess skin. It can be done from the inside of the eyelid (transconjunctival blepharoplasty) or from the outside.

PTOSIS (DROOPY EYELID) SURGERY IMPROVES YOUR FIELD OF VISION

Droopy eyelid is caused by weakness in the muscle that is responsible for opening the upper eyelid. Some are born with a weak muscle or it may be a gradual weakening as a result of the ageing process. The muscle gets overstretched similar to an overstretched rubber band that loses its tension. The net effect is a droopy eyelid that causes a decrease in your field of vision. Symptoms are heaviness in the eyelids, headaches at the end of the day, reading in a dim light is hard and reading restaurant menus requires a torch. Surgery is the only effective way of addressing the droopy eyelid.

DOUBLE EYELID OR ASIAN EYELID SURGERY DEFINES THE CREASE AND CREATES AN EYESHADOW SPACE. Often supported by an epicanthoplasty to make the epicanthic (eyelid) fold less prominent.

WHAT ABOUT BROW LIFTS?

A browlift stabilises the eyebrow and may be necessary to support the eyelid. The eyebrow has been often referred to as a 'curtain rod' and the eyelid 'the curtain'. If the rod sags the curtain does also.

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ARE YOU A GOOD CANDIDATE FOR BLEPHAROPLASTY (EYELID) SURGERY?

YOU ARE A GOOD CANDIDATE FOR BLEPHAROPLASTY (EYELID) SURGERY IF YOU HAVE...

- Over hanging excess upper eyelid skin or eyelid hooding
- Hooding or excess skin that restricts your visual field or causes heaviness in the eyelids
- Droopy or weak eyelids that make you look tired or sleepy
- Eyebags or Fatty bulges in the under-eye area

If you would like to start the process with an initial complimentary online assessment scan the QR code. You can submit photos and a brief description of your concerns.

I will assess and provide brief feedback via email on whether I can help. This process usually takes up to a week.



If we agree to proceed to the next step, an initial consultation is \$355 (prepayment is required within 2 weeks of booking and is refundable up to one week before less \$5 processing fee). New legislation (effective 1 July 2023) requires a GP referral for all consultations. Referrals from GP's who perform cosmetic services do not qualify. Medicare rebates are not available for cosmetic consultations.

YOUR EYELID SURGERY CONSULTATION

This 45 - 60 minutes consultation is an interactive process to help determine whether blepharoplasty (eyelid) surgery will address your concerns and whether you trust me as your Surgeon.

A detailed medical history is taken followed by evaluation of the structure, function and aesthetics of your eyelids and how they relate to your face. Clinical photography is taken which is an important record. All these help me to determine if you are a suitable candidate. Photos from your 20s or 30s will help.

This is followed by a discussion of all risks and benefits of the proposed surgery. There will be ample time to ask questions. Written information detailing the blepharoplasty (eyelid) surgery procedure, risk factors and complications and guide to costs will be provided.

New legislation (effective 1 July 2023) requires a second consultation before scheduling surgery affording you another opportunity to clarify any doubts, ask questions and be reassured of your safety.

WHAT DETERMINES COST OF BLEPHAROPLASTY (EYELID) SURGERY?

The cost of the care of Eyelid Surgery (Blepharoplasty) depends on:

- Is the surgery medically indicated ie restriction of your visual field?
- Do you have Private Health Insurance for this procedure?
- Is the surgery a particularly complex operation?

WHAT IS INCLUDED IN THE COST OF BLEPHAROPLASTY (EYELID) SURGERY?

Our estimates include specialist plastic surgeon, specialist anaesthetist, hospital theatre and accommodation, 6 months of aftercare and scar management program. Additional costs not included: health fund excess/facility fees, pharmacy, radiology, pathology fees. Once an assessment has been performed and a procedure recommended an estimate guide will be given.



UPPER BLEPHAROPLASTY (EYELID) SURGERY

Upper Blepharoplasty (eyelid) surgery is a surgical operation performed with precision to remove excess upper eyelid skin, address hooded eyelids and lift droopy upper eyelids.

WHICH UPPER EYELID CONDITIONS CAN BE ADDRESSED BY SURGERY?

Upper blepharoplasty (eyelid) surgery is an effective treatment for:

- Hooded eyelids
- Droopy eyelids
- Weak eyelids
- Double eyelid
- Eyelid ptosis
- Excess eyelid skin
- Eyelid skin cancers

ARE THERE NON-SURGICAL OPTIONS?

Non-Surgical options using skin tightening devices like plasma pens may be useful in select number of cases that have very small amount of loose skin. Upper eyelid blepharoplasty surgery is a definitive treatment for hooded eyelids, droopy eyelids, and excess eyelid skin.

AGEING EYELID CHANGES THAT MAY PROMPT RESEARCH INTO BLEPHAROPLASTY (EYELID) SURGERY:

- Excess upper eyelid skin that causes heaviness and hooding
- Eyelid droop due to weakness, also called eyelid ptosis
- Eyelid retraction - the eye can move up
- Weakened or scarred eyelid muscle and eyelid closure may be incomplete risking damage to the eye
- Excessive upper eyelid fullness due to bulging fat or upper eyelid hollowing and sunken eyelids due to loss of fat
- Absent or a very high eyelid crease or an asymmetric eyelid crease.
- Uneven eyelids

WHAT CAUSES DROOPY/HEAVY UPPER EYELIDS?

The eyelids are delicate and complex structures that can be affected by a variety of conditions. There are many causes of eyelid drooping or acquired ptosis.

THE MOST COMMON CAUSE OF DROOPY EYELIDS:

Overstretching and disinsertion of the muscle and the tendon that opens the upper eyelid due to age related changes.

OTHER CAUSES INCLUDE:

- Eyelid growth, tumours or swelling
- Muscular and neurological problems
- Nerve damage in the eye muscles
- Trauma to the eyelid structures including nerve injury
- As a complication of anti-wrinkle injections

Eyelids also become fatigued due to over-activity of the eyelid muscle resulting in a feeling of heaviness. Nowadays overuse is related to long hours of focusing on devices.

When you are young, your eyelids can cope with this type of strain. However, as you get older features such as excess eyelid skin, excess fat and droopy brow add additional weight on the upper eyelid exaggerating the sensation of 'eyelid heaviness'. This is frequently accompanied by frontal headaches due to the constant activity of the forehead muscle.

PATIENTS WITH HOODED EYELIDS, DROOPY OR WEAK EYELIDS MAY HAVE THESE SYMPTOMS

- Headaches, particularly tension headaches in the forehead area especially at the end of the day
- Neck pain due to straining
- Eyelid heaviness at the end of the day despite use of glasses
- Smudging of eyeshadow due to overhang of excess skin

WHAT DOES THE CLINICAL EXAMINATION OF PATIENTS WITH HOODED EYELIDS, DROOPY OR WEAK EYELIDS REVEAL?

- Eyebrow elevation, high arched eyebrows or uneven eyebrows in an attempt to compensate for restricted visual fields
- Overhanging excess skin on the upper eyelids touching the eyelashes or hooding making the eyelids weak or droopy looking
- A hollow look in the eye socket, due to loss of fat
- Tired and sleep look due to droopy or weak eyelids
- Fat bulges in the upper eyelid and loose excess and crepey skin
- Reduced eyeshadow space
- Uneven or asymmetric eyes
- Uneven or asymmetric eyelid crease

PRACTICAL CONCERNS CAUSED BY HOODED/HEAVY EYELIDS

- Vision is bad despite wearing reading glasses
- Difficulty reading in dim light situations such as early morning or late in the evening
- Difficulty driving at night
- Restaurant menus are hard to read often requiring a bright source of light like a torch on your smart phone
- Occasionally run into objects because you did not see them coming.
- When you wake up in the middle of the night, you struggle to see as everything is pitch black

YOU MAY NOTICE THE FOLLOWING AFTER UPPER BLEPHAROPLASTY (EYELID) SURGERY

CONTACT LENSES may pop in and out with greater ease. This could be for a two-fold reason: there is less skin to get in the way and vision has improved allowing for easier placement.

DECREASED FOREHEAD WRINKLES Forehead muscles are no longer compensating for the eyelids and forehead wrinkles may improve.

BLOODSHOT EYES/HEADACHES Sore eyes and headaches particularly after work or after time spent on devices may improve.

PERSONAL AND DRIVING SAFETY When skin overhangs your eyelids, your peripheral vision is reduced and you may not see as well whilst driving at night or see low hanging objects such as cupboards. A better field of vision improves safety.

READING IN DIM LIGHT When visual fields improve your ability to read in dim light improves.

ABOUT THE PROCEDURE - WHAT TO EXPECT

Upper blepharoplasty (eyelid) surgery can take between 1 hour to 2.5 hours depending on the procedures recommended and the complexity. The surgery involves an overnight stay in hospital and is performed under a general anaesthetic. You will be asked to fast for 6 hours before the surgery. For the first two weeks following the surgery you will experience swelling and bruising with the swelling peaking at days 3-5. You may experience blurry vision initial but this will resolve. We provide a course of low light therapy to assist your healing process.

HOW LONG IS THE HEALING PROCESS AND HOW BAD IS THE SCARRING AFTER BLEPHAROPLASTY (EYELID) SURGERY?

Healing and recovery after eyelid surgery vary from patient to patient but typically the initial healing process can take up to two weeks for upper blepharoplasty. It is important that you follow all the post-operative instruction. Ensure you allow adequate healing time after eyelid surgery and don't try to do too much too soon as you will need to rest your eyes a lot during the healing period. Scars on the upper and lower eyelid heal very well. It is normal for the scar to be visible and noticeable for the first 3-6 months and then it will begin to fade. By 6-12 months you can expect good resolution of the scars and it will be barely visible.

HOW LONG SHOULD I WAIT FOR THE RESULTS

Although most changes are noticeable straight away, we recommend waiting for a good 3-4 months for all the temporary changes including swelling to resolve.

MAINTAIN YOUR RESULTS

The results of blepharoplasty (eyelid) surgery depends on how eyelid skin re-drapes after surgery, so having healthy and thick skin is important. Using medical grade skin care to improve the health of the skin pre surgery can help. Similarly, maintaining skin health after the surgical procedure helps to prolong the effect of surgery. Our in-house dermal clinician can advise you on how to improve your skins health.

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WHAT IS LOWER BLEPHAROPLASTY (EYELID) SURGERY?

Lower blepharoplasty (eyelid) surgery is a broad term to describe surgical procedures that address ageing changes in the lower eyelid.

COMMONS REASONS PATIENTS RESEARCH LOWER BLEPHAROPLASTY

- Eyelid skin – loose, crepey and wrinkly
- Eyebags - bulging
- Muscle – saggy and loose and bulging
- Eyelid margin – sagging with the ‘white’ of the eyeball on show
- Eyelid margin turned inwards (entropion) or outwards (ectropion)
- Deep grooves in the under-eye area, a prominent ‘tear trough’
- Combination of the above as a part of the ageing process

WHAT ARE THE BENEFITS OF LOWER BLEPHAROPLASTY (EYELID) SURGERY?

Lower blepharoplasty (eyelid) surgery can address loose, excess and crepey skin, eyebags, tighten the lower eyelid, address the deep under eye grooves and restore contours of the lower eyelid and cheek. It can reduce puffiness and eyebags in the area of your lower eyelids.

WHICH LOWER EYELID CONDITIONS CAN BE ADDRESSED BY SURGERY?

Lower blepharoplasty (eyelid) surgery is an effective treatment for:

- Eyebags / saggy lower eyelids
- Excess lower eyelid skin
- Inward turned lower eyelid called entropion
- Outward turned eyelid called ectropion
- Lower eyelid skin cancers
- Lower eyelid retraction due to thyroid diseases

AT WHAT AGE DOES EYELID PUFFINESS AND EYEBAGS APPEAR?

Sagging eyelid skin is usually noticeable after the ages of 40 and 50. Sometimes at even earlier ages, due to genetic traits they inherited from parents or grandparents. Eye bags are small puffy looking fat bulges under the lower eyelids are often seen in older people and is a well-known feature of the ageing eyelid.

WHY DO EYEBAGS OCCUR?

Eyebags primarily occur when the under-eye cheek bone shrinks as a natural feature of ageing. As a result, the skin and muscles around the eye region becomes lax, loose and the fat starts to bulge.

Three (3) key contributors to eyelid area laxity, eyebags and puffy eyelids are typically caused by multiple factors.

- General weakening of the support structures and skin around the eyelids (leading to laxity, droopiness, puffiness and fat pad redistribution)
- Repeated facial expressions
- Bone changes around the eyes (ageing-related skeletal atrophy)

ARE THERE NON-SURGICAL OPTIONS?

Unfortunately, creams won't help eyebags, and cosmetic injections in the eyelid area can only go so far; under eyebags typically require a surgical approach.

WHAT IS THE SURGICAL APPROACH?

A well designed and precisely executed lower blepharoplasty can assist to:

- Correct skin laxity, structural weaknesses and reduce eyebags
- Redistribute fat precisely to provide a smoother contoured appearance by blending the lower eyelid and cheekbone
- This surgery should only be done by an expert. In the hands of a less trained Surgeon, problems could lead to serious consequences such as malfunctioning tear ducts, the inability to close your eyes fully, a very uneven appearance, and more

WHAT ARE THE 4 MAIN TYPES OF LOWER EYELID SURGERY?

The 4 types of lower eyelid surgery are:

1. Pinch lower eyelid blepharoplasty
2. Transconjunctival lower eyelid blepharoplasty
3. Transcutaneous lower eyelid blepharoplasty
4. Transcutaneous lower blepharoplasty + Midface lift (Cheek Rhytidectomy)

PINCH LOWER BLEPHAROPLASTY (EYELID) SURGERY

A very small amount 'a pinch' of skin is excised from the lower eyelid. Suitable for those who have only a small amount of excess skin.

TRANSCONJUNCTIVAL LOWER BLEPHAROPLASTY (EYELID) SURGERY

In this approach the cut is made on the inner surface of the lower eyelid and there is no visible scar. It is useful to treat younger patients whose main complaint is eyebags and is a very effective way to reduce the bulging eyebags. If the skin needs to be removed a pinch lower blepharoplasty technique can be used to remove a small amount of skin. This method is not suitable for older patients who have more loose skin.

TRANSCUTANEOUS LOWER BLEPHAROPLASTY (EYELID) SURGERY

Here a cut is made 2 mm below the eyelid margin and extends past the outer corner for about 5-10 mm. Using this method, you can effectively address loose and excess skin, tighten muscle and reduce the eyebags. A canthoplasty or canthopexy can be performed at the same time to tighten the eyelid margin. Suitable for patients over 45 who have significant ageing changes.

TRANSCUTANEOUS LOWER BLEPHAROPLASTY + CHEEK OR MIDFACE LIFT

This approach addresses excess skin and muscle, eyebags and corrects the deep grooves under the eyelid like tear-trough and naso jugal groove. It also allows to reposition the cheek or malar mound thereby restoring the contours of the face. This approach can effectively treat festoons.

CAN EYEBAGS AND FESTOONS BE TREATED WITH LOWER EYELID BLEPHAROPLASTY + MIDFACE LIFT (CHEEK RHYTIDECOMY)?

Eyebags and festoons are not one and the same. Eyebags occur directly under the eye, between the eye and the cheek bone. Festoons or malar bags occur ON the cheek bone. Festoons are formed due to the ageing process of the cheek bone (not the part immediately under the eye) together with the laxity of the skin and muscle. Festoons in my opinion are the most difficult lower eyelid condition to treat. The anatomy is complex and not well understood, the results following any treatment be it dermal fillers, laser or surgery are unpredictable at best.

In my experience, malar festoons can be treated by Transcutaneous lower eyelid blepharoplasty + midface lift (cheek rhytidectomy) using multiple techniques including: Wide undermining of lower eyelid and cheek skin, release of tough ligaments like arcus marginalis, tear trough, orbito malar ligament, zygomatico facial ligament or midface ligament, fat transposition, canthopexy with midface lift (cheek rhytidectomy) and malar fat pad elevation, tightening of lower eyelid with a skin muscle flap followed by redraping of skin. Direct excision of festoons is an option reserved for very severe cases and recurrence of festoons. The downside to direct excision is a scar on the cheek that settles well in 12 months.

ABOUT THE PROCEDURE - WHAT TO EXPECT

Lower blepharoplasty (eyelid) surgery can take between 1.5 hour to 2.5 hours depending on the procedures recommended and the complexity. The surgery involves an overnight stay in hospital and is performed under a general anaesthetic. You will be asked to fast for 6 hours before the surgery. For the first 3-4 weeks following the surgery you will experience swelling and bruising with the swelling peaking at days 3-5. You may experience blurry vision initially but this will resolve. We provide a course of low light therapy to assist your healing process.

HOW LONG IS THE HEALING PROCESS?

- Healing and recovery after eyelid surgery can vary from patient to patient
- On average, the healing process tends to take three (3) weeks or more; sometime longer depending on what you're having performed; and how your body responds
- Please ensure you allow adequate healing and resting time after your eyelid surgery
- Check with Dr Somia for some helpful healing instructions and don't try to do too much too soon; you will need to rest your eyes a lot during those first weeks of healing

COST OF LOWER EYELID SURGERY (BLEPHAROPLASTY) SURGERY PRICE RANGES WILL DEPEND ON SEVERAL FACTORS.

Unless medically indicated to correct lower eyelid conditions like ectropion, entropion, eyelid skin cancer or traumatic injuries, it is fair to assume that all lower eyelid surgeries are considered as cosmetic and hence you will not be able to get medicare or health fund cover.

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BLEPHAROPLASTY (EYELID) SURGERY RECOVERY

WHAT HAPPENS AFTER THE OPERATION OVERNIGHT STAY IS RECOMMENDED

Immediately after the operation you will spend some time in the recovery ward where you will be closely monitored by qualified recovery nurses, till you are fully awake. There will be no bandages on the eye, and you will be able to open and close your eyes. The nurses will ensure that regular lubricating eye drops, eye ointment to the suture line and ice packs over your eyes are applied. Once you have recovered sufficiently, you will be moved to the ward.

It is recommended to stay overnight for your safety. During the first 12 hours after eyelid surgery, there is a risk of bleeding, pain, nausea and vomiting due to the anaesthetic and general drowsiness due to a slow recovery from the anaesthetic. In addition, the blurred vision following surgery can make the patient anxious. Increased anxiety, pain and vomiting risk bleeding and bruising that can compromise healing. Staying overnight in hospital where you will be monitored, kept comfortable and pain free and your eyelids looked after is desirable.

RISKS OF BLEPHAROPLASTY (EYELID) SURGERY

All surgery has risks. When travelling overseas on a plane whilst the expectation is a safe journey and arrival, it is understood things could go wrong. The choice of the airline based on safety record and flight path are important elements determining risk. Similarly, for your blepharoplasty (eyelid) surgery, the experience and expertise of your Surgeon, the skill of your anaesthetist and the standard of the hospital will determine the risk.

Surgical risks include: infection, bleeding, scarring, blurred vision, a very small risk of blindness, uneven eyelids, excess scar or keloid scar formation (rare), asymmetry of your eyelids or eyebrow, asymmetrical level of the crease and bunched up skin in the upper corner that may need revision are some of the risks.

REDUCING RISKS

Healthy patients who choose a registered Specialist Plastic Surgeon can reduce some risks by:

- Making sure the Surgeon has significant expertise in blepharoplasty
- Carefully research the procedure
- A 2nd opinion from a qualified Specialist Plastic Surgeon
- Carefully following instructions before and after surgery
- Not trying to do too much too soon. Avoiding driving, wearing contacts or eye makeup, until your Surgeon has cleared you to do so

RISKS OF “LOWCOST” SURGERY – CUT COSTS AND CUT CORNERS ON CARE

RISKS OF OVERSEAS PLASTIC SURGERY – RISK OF THE UNKNOWN

- Risk of ‘Ghosting’ - the surgeon you see doesn't perform the operation.
- Difficulty finding a specialist at home if you have a complication
- Risk of infection from Surgery performed in an overseas hospital
- Risk of Blood Clots due to long distance travel



TIPS FOR A BETTER OUTCOME: BEFORE, DURING AND AFTER BLEPHAROPLASTY (EYELID) SURGERY

BEFORE Blepharoplasty Surgery:

- Book a consultation with Dr Naveen Somia
- Read the materials provided and discuss your surgery objectives, desired outcomes and facial anatomy including procedure details, surgery schedules, recovery and healing times and risks associated with surgery.
- Consider the PROS and CONS of the surgery and what you want accomplished. Not to have surgery is also an option.
- Ask any and all questions you have about eyelid surgery including risks and your goals
- Seek a 2nd opinion from a registered Specialist Plastic Surgeon
- Follow Dr Naveen's recommendations for pre-surgery preparation
- Stay healthy to enhance healing and help prevent healing delays
- Look after your skin for a better outcome and stay hydrated

DURING Lower Blepharoplasty Surgery:

- Avoid wearing contacts for the designated time (ask Dr Naveen for specific information on stopping wearing contacts before your eyelid surgery)
- Before surgery, read and re-read your post-op instructions
- Have the post-operative eyelid care instructions laminated and place by your bedside, using very large font sizes, for when you get home after surgery
- Make sure you have someone to drive you home and to assist you for several days post-surgery

AFTER BLEPHAROPLASTY SURGERY:

- Stay out of the sun and wear sunglasses
- Choose good nutrition and drink plenty of water
- Rest your eyes and do not drive until you are cleared by your Surgeon
- Care for your eyes and sutures as instructed by Dr Somia
- You may be asked to sleep in an elevated position
- You may be able to use gently applied cool packs to minimise swelling, but check with Dr Somia for exact instructions
- Your eyes may appear swollen or have 'tight-feeling'; some bruising or discoloration around the eyes (this can be intense but will pass)
- Some sutures are dissolvable; if any non-dissolvable sutures are used, these will be removed one week later (usually doesn't hurt)
- Report any concerns or questions
- Attend follow up appointments and have your sutures removed.
- Follow Dr Somia's scar management instructions

I hope the information is helpful. To start the process visit our Eyelid Assessment Tool here:

For more information or to schedule an appointment, please contact my office on 02 9387 2110 or reception@naveensomia.com.au



Naveen

DISCLAIMERS: All surgical procedures are performed by Specialist Plastic Surgeon, Dr Naveen Somia (MBBS PhD, FRACS - APHRA Reg: MED 0001189889). Full information on Dr Somia's qualifications and surgery risks/recovery is available at naveensomia.com.au or linktr.ee/naveensomia. From July 1, 2023 all surgical procedures require a GP referral. All surgery carries risks. information provided is general only. Outcomes experienced by one person do not necessarily reflect the outcomes of others given factors such as genetics, diet ,exercise. Please seek a 2nd opinion from a qualified Specialist Plastic Surgeon.