

GOLD COAST

**Plastic Surgery**

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## ULTIMATE GUIDE TO EYELID SURGERY

(07) 5598 0988

[www.goldcoastplasticsurgery.com.au](http://www.goldcoastplasticsurgery.com.au)

# WHAT IS INVOLVED IN EYELID SURGERY?

As you age, your eyelids stretch, and the muscles supporting them weaken. As a result, excess fat may gather above and below your eyelids, causing sagging eyebrows, drooping upper lids and bags under your eyes. Besides making you look older, severely sagging skin around your eyes can impair your peripheral or side vision. Blepharoplasty can help reduce or eliminate such impaired vision.

Eyelid surgery, also known as blepharoplasty, can improve the appearance of the upper eyelids, lower eyelids, or both. It helps give a rejuvenated appearance to the surrounding area of your eyes, which may make you look more rested and alert. Blepharoplasty includes repairing droopy eyelids by removing excess skin, muscle and fat. Excessive upper eyelid skin that is restricting vision can be removed which can result in an improvement in the visual field.



## AM I A GOOD CANDIDATE?

You might be a candidate for eyelid surgery if you have:

- Draping skin that obscures or blocks your vision
- Loose or sagging skin that creates folds or disturbs the natural contour of the upper eyelid this can sometimes affect a person's vision
- Excess fatty deposits that appear as puffiness beneath the eyelid skin bags under the eyes droopiness of the lower eyelids to avoid showing white below the iris extra skin and fine wrinkles of the lower eyelid.

To help decide if blepharoplasty is right for you, find out what results you can realistically expect and take time to explore the benefits and risks of the procedure.

## BROW LIFT CONSIDERATIONS

A blepharoplasty procedure is usually performed on adult men and women who have healthy facial tissue and muscles and who also have realistic goals for improvement of the upper and/or lower eyelids and surrounding area. The following conditions

could indicate that eyelid surgery is right for you:

- Baggy or puffy upper eyelids
- Excess skin obscuring the upper eyelid fold
- Extensive drooping of the upper eyelid
- Droopy lower eyelids that may cause white of the eye to show below the iris
- Excess skin and fat pockets below the eyelids
- Hollows or “dark circles” around the lower eyelids
- Asian patients who want a defined upper or “double” eyelid crease.

## DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.

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## BEFORE SURGERY RECOMMENDATIONS

Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.



Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery
- Any bad scarring or poorly healed scars after previous surgeries

## WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation you will most likely:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery
- You may need to be assessed by an ophthalmologist (eye specialist) before your surgery

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## WHAT HAPPENS DURING THE SURGERY?

Blepharoplasty is usually performed as day surgery, under a general anesthetic. The surgery generally takes less than two hours, depending on the amount and location of tissue being removed. Dr Mark Doyle will gently inject numbing medication into your eyelids and administers intravenous (IV) medication to help you relax. This may make you groggy.

When having surgery on your upper and lower eyelids, Dr Doyle generally works on your upper lids first. Dr Doyle will make an incision along the natural fold of the upper eyelid. Then excess skin and some muscle and fat beneath the skin are removed. The incision is closed with tiny stitches that leave a nearly invisible scar. Sometimes surgical tape or skin adhesives are used instead. The incision on the lower lid is made just below the lashes in your eye's natural crease or inside the lower lid. The surgeon removes or redistributes excess fat, muscle and sagging skin. Depending on where the initial incisions are made, stitches may follow the lower lid's natural crease or be placed inside the lower eyelid.

## SURGICAL OPTIONS

There are two types of surgical options available, which can be performed separately or together based on your needs.

### **Upper eyelid surgery**

During upper eyelid surgery, Dr Doyle will first mark the individual lines and creases of the lids in order to keep the scars as invisible as possible along these natural folds. The incision is made, and excess fat is removed or repositioned, and then the loose muscle and skin are removed. Fine sutures are used to close the incisions, thereby minimising the visibility of any scar.

### **Lower eyelid surgery**

During lower eyelid surgery, Dr Doyle makes the incision in an inconspicuous site along the lash line and smile creases of the lower lid. Excess fat, muscle, and skin are then trimmed away before the incision is closed with fine sutures. Eyelid puffiness caused primarily by excess fat may be corrected by a transconjunctival blepharoplasty. The incision in this case is made inside the lower eyelid, and excess fatty material is removed.





## RECOVERY FROM A BLEPHAROPLASTY

You will not need to stay overnight in hospital. When you wake you will spend time in a recovery room, where you are monitored for complications. You can leave later that day to recuperate at home. After blepharoplasty a lubricating ointment will be applied to your eyes to protect them and prevent dryness. The ointment may cause temporary blurred vision. You may also experience excessive tearing, light sensitivity and double vision just after the surgery.

After the operation, you can expect:

- Mild pain or discomfort
- Numbness
- Use of cool compresses, gauze and dressings over the eyes
- Swelling and bruising around the eyes
- Possible bruising on the whites of the eyes
- A sensation of wet or dry, irritated eyes

With upper lid eyelid surgery, the lifting of the skin over the eye will make your eye appear rounder and more alert than it was before the procedure, but the procedure should not significantly affect the natural shape of your eyes. Blepharoplasty will usually last for years. However, the aging process will eventually render additional procedures necessary in order to maintain results.

Your incisions will be red and visible at first, and your eyelids may be puffy and feel numb for several days. Swelling and bruising, similar to having “black eyes,” will likely last a week or more. Ice packs or cold compresses applied to your eyes can help reduce swelling. If stitches were used, they’ll be removed after 5-7 days.

Pain is usually minimal. You may be given a pain reliever, such as paracetamol (Panadol), for mild discomfort, but remember to avoid anti inflammatory medication such as aspirin, ibuprofen, naproxen and any other medications or herbal supplements that may increase bleeding.

Keeping your head elevated at least 45 degrees during rest is extremely helpful in reducing the initial post-operative swelling. You can expect most of the bruising and swelling to subside after two weeks. You may also experience numbness to the eye area, which usually resolves itself within several months. Dr Doyle will prescribe medication to help control the pain as needed.



## WHAT RISKS MAY BE INVOLVED?

Each year thousands of men and women undergo successful eyelid surgery (blepharoplasty) procedures, experience no major problems and are happy with the results. Significant complications from eyelid surgery are infrequent.

However, make sure you understand what surgery involves, including possible risks, complications and follow-up care. Eyelid surgery poses various risks, including:

- Excess scarring
- Facial asymmetry
- An accumulation of blood under the skin (hematoma)
- Temporary numbness of the eyelid skin
- Temporary vision changes or blurriness
- Dry and/or irritated eyes
- Persistent fat or loose skin and muscle
- Impaired eyelid function
- Infrequent visual changes or loss

Like any major surgery, a blepharoplasty poses a risk of bleeding, infection and an adverse reaction to anaesthesia. It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure. You can help minimise certain risks by following the advice and instructions of your surgeon, both before and after your eyelid surgery.

If you have any concerns about the risks involved with eyelid surgery, please consult Dr Mark Doyle and the team at Gold Coast Plastic Surgery.

## IMPORTANT REMINDER

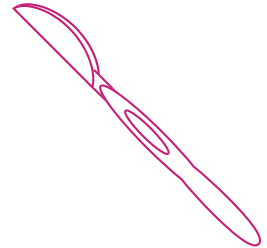
It is important to remind everyone that each surgical journey is different from the next and each individual's results and procedure may vary.

# COMMON QUESTIONS



## IS A BLEPHAROPLASTY COVERED BY MEDICARE OR MY PRIVATE HEALTH FUND?

Medical reasons for Blepharoplasty include:  
Severe eyelid droop which can directly obscure a person's upper visual field.



On average, a Blepharoplasty surgery can cost \$5,000\*+.  
If it is considered medically necessary, Medicare may cover part of the costs associated to the surgery less the doctors fee. How much Medicare covers will depend on the nature of the surgery you require.

To find out if your procedure falls under the category of medically necessary you will need to contact Medicare. You will also need to provide details to your health fund to see if they will cover you and to what extent.

## IS A BLEPHAROPLASTY PAINFUL?

Pain is usually minimal. You may be given a pain reliever, such as paracetamol (Panadol), for mild discomfort, but remember to avoid anti-inflammatories such as aspirin, ibuprofen, naproxen and any other medications or herbal supplements that may increase bleeding.

## WHEN CAN I RETURN TO WORK?

The time taken to recover before returning to work or daily activities often varies depending on each person and their role at work. Typically most people return to work 1-2 weeks after the initial surgery.

## HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You are not allowed to drive following your procedure. This is due to the decreased vision in your eyes and the inability to see. After 1-2 weeks when you can see and react without pain and are no longer taking any pain medication you may recommence driving.

## HOW LONG AFTER SURGERY UNTIL I CAN WEAR MAKEUP?

We recommend waiting at least 2 weeks before applying any type of eye make-up including eyeshadow, fake lashes, mascara and eyeliner.



## WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability as smoking decreases the oxygen that is carried throughout your blood to help your skin heal from a surgical incision.

## WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgery procedure that involved an incision will result in a scar. Post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

## WHEN CAN I RETURN TO DAILY ACTIVITIES?

Start walking as soon as possible to help reduce the swelling and lower the risk of blood clots in your calves.

## WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 4 to 6 weeks. It is recommended that strenuous exercise is restricted for 6 weeks as it may increase swelling, bleeding or duration to the body's natural healing process. These activities include weight lifting, push-ups and running.

## HOW DO I SLEEP AFTER SURGERY?

It is recommended to reduce the swelling after surgery to sleep with your upper body slightly raised on 1 to 2 pillows for as long as swelling persists. Keeping your head elevated at least 45 degrees during rest is extremely helpful in reducing the initial post-operative swelling.

## WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 3-6 weeks of surgery due to infection as your wounds are not completely healed.

## HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

## OUR SURGEON DR. MARK DOYLE

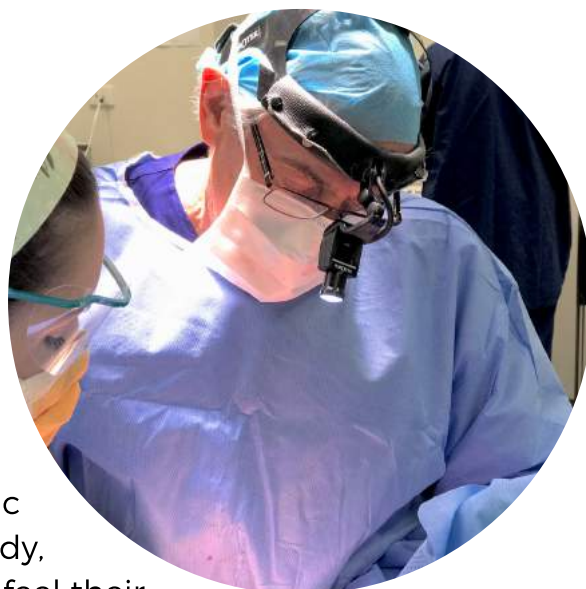
Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

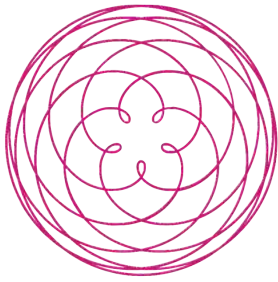
Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 30 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.





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## YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.



(07) 5598 0988



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