

LOWER BLEPHAROPLASTY

Background

Many people will develop excess skin under their eyelids or bagginess ('eye-bags'). This can give the appearance of having tired eyes as well as an aged look. In suitable cases, lower blepharoplasty can help revitalise the eyes and give a freshened look.

The treatment

Incisions are made immediately underneath your lower eyelid creases. The lower eyelid skin is dissected and any excess is removed with the underlying (orbicularis) muscle. If you also have fatty bulges under your eyelids, some of this fat may be removed or re-positioned at the same time, to freshen up the appearance of your eyes. This is performed with you asleep (general anaesthetic) and is often done in combination with other facial rejuvenation procedures.

What are the benefits?

Lower eyelid surgery gives a fresher, more youthful appearance. Family and friends will often offer you compliments as if you have been on holiday!

Duration of surgery?

The surgery takes about 2 hours

The complications?

Unfortunately complications can occur following any surgery and patients need to be fully aware of this. Mr Banwell does his utmost to minimise the complication rate and likes to practise in a safe manner. The commonest complications are scarring, adverse scarring, bleeding, haematoma formation and the need to return to theatre, infection, epiphora (watering), corneal abrasions, conjunctivitis, chemosis, ectropion, scleral show, blindness, over correction, undercorrection and asymmetry in healing and in the final result

After surgery?

Your eyes will be bruised and swollen for up to two weeks – it will look as though you have been in a boxing match! Mr Banwell will recommend cold witch-hazel eye pads for up to a week, use of eye drops several times a day and use of sunglasses (your eyes will be sensitive to the light for some weeks). The sutures will be removed one week after surgery in the hospital where you had your procedure.

The recovery?

Mr Banwell recommends that you rest after the operation and avoid bending or lifting. This raises your blood pressure and can precipitate further bleeding if you are not careful. Sleeping upright or with a couple of pillows can help reduce swelling. Most people return to work after 2 weeks but strenuous activity should be avoided for at least 4 weeks. Contact lenses should be avoided for at least 4 weeks after surgery as your eyes will be more sensitive. Eye makeup should be avoided for at least 2 weeks

Success and satisfaction?

Lower eyelid surgery is an excellent way to achieve a fresher look. However, lower eyelids do tend to take longer to settle compared to upper lids and you should allow 6 months before you see the final result.

Important Notice

Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.

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NOTES & QUESTIONS

AT A GLANCE

SURGERY TIME

1 - 2 hours

HOSPITAL STAY

Day case / 1 night

ANAESTHETIC ASSESSMENT

Possibly

PRE ADMISSION TESTS

No

SLEEPING POSITION

Sleeping on back recommended for 4 weeks.
Sleep high on pillows for 2 weeks

REASONABLY MOBILE

Immediately

WASHING

Shower after 1 day. Bath after 2 weeks.

DRIVING

1 week

EXERCISE INCLUDING GYM

8 weeks

SEXUAL ACTIVITY

Restricted activity after 4 weeks

FULL RECOVERY

4-6 weeks

TIME OFF WORK

2 weeks

GARMENTS/EQUIPMENT

Wear sunglasses to protect eyes