

UPPER BLEPHAROPLASTY

Background

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

The treatment

Incisions are made in your upper eyelid creases. The upper eyelid skin excess is removed with the underlying (orbicularis) muscle. If you also have fatty bulges in the inner aspect of your eyelids, some of this fat may be removed, to freshen up the appearance of your eyes. This is performed with under a general anaesthetic but may be performed under a local anaesthetic. This operation is often performed in combination with other facial rejuvenation procedures.

What are the benefits?

Upper eyelid surgery gives a freshness to your appearance that other people may find hard to put their finger on. It is not uncommon for friends and acquaintances to comment on how well you look afterwards, as if you have been on holiday! You will look less tired and have brighter, wider eyes after the procedure

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, ptosis (droopy eyelid), lagophthalmos (inability to close the eye fully) blindness, over correction, undercorrection and asymmetry in healing and in the final result.

After surgery?

You 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?

Upper eyelid surgery is an excellent way to achieve a fresher look.

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

Daycase/inpatient 1 night

ANAESTHETIC ASSESSMENT

Possible

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 weeks

EXERCISE INCLUDING GYM

8 weeks

SEXUAL ACTIVITY

Restricted activity after 4 weeks

FULL RECOVERY

2 weeks

TIME OFF WORK

None