



Eyelid reduction

Do you have tired looking 'hoody' eyelids or bags under your eyes? Eyelid reduction or blepharoplasty is day surgery used to reduce the upper or lower eyelids.

Our eyes are one of our most noticeable features. Unfortunately, they are often one of our first features to show signs of aging.

Saggy or 'hoody' eyelids and bags under your eyes are problems that tend to run in families and can affect people from all cultural backgrounds. As you age, the problem becomes worse as your eyelid skin begins to sag and the fat pads within your lower eyelids expand. This can leave you looking tired and older than you are.

Fortunately, the problem is quite simple to correct with a cosmetic day surgery procedure where we remove excess fat and trim the sagging eyelid skin. This eyelid reduction surgery is called blepharoplasty, and can be performed on your upper eyelids, lower eyelids, or both.

About 50 percent of Asians are born with eyes that have single eyelids, meaning that a crease doesn't form in the top lids when their eyes are open. This can contribute to a tired appearance and sometimes affects eyesight. Double eyelid surgery or Asian blepharoplasty creates a natural crease in the eyelid that appears when eyes are open. During surgery, excess fat and skin of the upper and lower eyelids may also be removed.

Following surgery, you will have some swelling and bruising and will need to protect your eyes with sunglasses when you go outside for the first one or two weeks. After this time, you will gradually begin to see the results of the surgery, and your eyes will have a more relaxed and refreshed appearance.



For before and after photos of this procedure, please visit www.medicalcosmeticcentre.com.au

How is blepharoplasty or eyelid reduction surgery performed for Caucasians and Asians?

Blepharoplasty is a day surgery procedure, performed by Medical Cosmetic Centre's Medical Director, Dr George Kerry. You will have an initial consultation with Dr Kerry where he will assess whether blepharoplasty will be suitable for you.

If blepharoplasty is suitable, Dr Kerry will explain the procedure and sedation in detail.

A combination of local anaesthetic and twilight sedation, given by a specialist anaesthetist, is used for day surgery. This means you will be very relaxed and won't have any memory of the surgery, without the risks associated with a general anaesthetic.

In Caucasians, Dr Kerry will make very fine incisions from the inner to the outer edge of your eyelids, following the natural creases of your eyelids. If you are having both an upper and lower eyelid reduction, Dr Kerry will make an incision in the fold of your upper eyelid and an incision directly below your eyelashes. Excess fat and skin that lie beneath these areas will then be removed.

After the excess fat and skin have been removed, Dr Kerry will use small, fine stitches to close the incision and apply cool packs to the area. Your surgery will take between one and two hours to complete.



In Asians, who do not have eyelid creases, Dr Kerry will follow the same principles, but create a lid crease which will open up the eyes.

What should I expect after eyelid reduction surgery?

Your stitches will be removed four days after surgery. We will give you pain relief medicine to relieve any discomfort you experience during the first couple of days after the procedure.

Because the skin around our eyes is so thin, you will experience some swelling and bruising. You can help to reduce the swelling by using cold compresses over

the area and keeping your head slightly raised when lying down. The swelling and bruising will fade after about seven days.

You will need to take things slowly for the first few days. Dr Kerry will let you know when you can go back to all your usual activities.

How will I look after an eyelid reduction?

As your swelling and bruising go away, you will begin to notice that your eyes look fresher and more 'open'. You will look more rested and your face will have a younger appearance.

The amount of change you see varies from one person to another.

Are you ready to take the next step?

If you are ready to boost your confidence and do something important for yourself, then it's **time to call 8367 0111** and book your initial consultation. You can also book a consultation online at www.medicalcosmeticcentre.com.au

During your consultation, we will work out if this treatment is suitable for you, provide you with a step-by-step description of the treatment and answer any of your questions. You will also have the opportunity to see untouched photographs that clearly show the results of treatment.

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