

## Blepharoplasty (Eyelid Surgery)

### What is a Blepharoplasty?

A Blepharoplasty is a cosmetic surgical procedure designed to improve the appearance of the upper/and or lower eyelids, by removing excess skin and fat.

### Would this procedure be suitable for me?

A blepharoplasty is suitable for people who do not like the appearance of their upper and lower eyelids or lower "fat bags".

### How is the procedure performed?

Excess skin and fat is removed from the upper eyelid and a new crease is created, giving the impression the eyes are larger. In most cases, fat from below the eye is removed through an incision inside the lower eyelid. No external scars are usually made, however people with a big skin excess may require an external excision. This procedure can help to improve the "tired look".

### What are the complications of this procedure?

A scar is carefully placed in the crease of the upper eyelid and is barely noticeable. Bruising and swelling can occur and usually lasts up to ten days.

### Will I be hospitalised and what is the recovery period?

Blepharoplasty is usually performed under sedation or General Anaesthetic in our Day Surgery Centre. The recovery period varies from person to person, but most people return to basic activities in two weeks. No strenuous activity is advised for four weeks.

### What results can I expect?

The aim is to give a more rested appearance and youthful contour around the eyes. It is very important people have realistic expectations regarding the outcome of their surgery.