

## **BLEPHAROPLASTY – COSMETIC EYELID SURGERY**

By our forties, we often start noticing a fatigued look on our own face. If this tired appearance doesn't disappear even after a longer period of rest, the cause of this look can often be seen around the eyes. The upper eyelids can be sagging or puffy and fatty pads may have suddenly appeared below the eyes.

Physiological aging doesn't affect everybody in the same way. Some of us are more prone to aging, possibly because of our facial features, lifestyle or genetic background. With time, the skin loses its elasticity and consistency, especially in the eyelids where it is very thin. The eyelids change their appearance, slowly but surely, by forming excess skin folds and fatty pads, making the face look tired and old. The eye area is very important to your appearance because this part of the face gets the most attention when you communicate face-to-face with other people.

Excess skin and fatty pads on the eyelids can be removed by the cosmetic surgery procedure known as blepharoplasty. Cosmetic products used in the eyelid area are of limited help when surgery is what is really needed.

During a blepharoplasty excess skin and fatty pads are removed following the precise drawing that the surgeon makes prior to the operation. Just before the procedure, **Dr Langdon** carefully measures the excess skin and/or fat and marks the eyelids. His measurements determine the optimal amount of skin and orbital fat to remove. This is the point where **Dr Langdon's** perfectionism and eye for detail are best shown. Blepharoplasty requires the expertise of a surgeon's sense of proportion and shaping.

Dr. Langdon prefers the use of a laser instead of a scalpel to create incisions for blepharoplasty because this technology enables precise incisions without damage to surrounding tissue. The laser seals small blood vessels in the eyelids, which greatly reduces bruising and speeds the patient's recovery. To achieve the best aesthetic results possible in an upper blepharoplasty we use sutures that are extremely thin. In the lower blepharoplasty no sutures are even necessary because the incision is made on the inside of the lower eyelid.

The result of cosmetic eyelid surgery is obvious rejuvenation. The eyes look more youthful because they are not "buried" under excess skin and fat and the natural beauty of the patient's eyes becomes more noticeable. Rejuvenation of the eye area is especially effective because this is the area of the face that other people notice the most.

Blepharoplasty can be performed at the same time as other cosmetic surgery procedures such as face lift or brow lift.

## **USEFUL INSTRUCTIONS FOR OUR PATIENTS**

### **Patient preparation prior to blepharoplasty:**

Although cosmetic eyelid surgery is performed regularly in our clinic, we always pay special attention to the preoperative preparation of our patients.

- Prior to blepharoplasty, patients undergo a preoperative analysis that includes clinical examination and consultation in our clinic. Dr. Langdon will determine what procedures will result in optimal improvement for each patient.

- Before the procedure, patients are instructed to discontinue aspirin, nonsteroidal anti-inflammatory drugs, certain herbal supplements and other medications that may prolong bleeding time. Patients also undergo laboratory studies to assess blood count, platelets and coagulation. These measures decrease the risk of bleeding after blepharoplasty, an important safety consideration when surgery is done near the eye.
- To ensure the success of the cosmetic eyelid surgery, during the final preoperative assessment, the surgeon makes detailed and precise markings on the patient's eyelid skin. This is the point where **Dr Langdon's** artistic experience and meticulousness are best shown. Careful measurements are made to guide placement of the markings because these will denote the precise location of the incisions.

#### **Anesthesia and the procedure:**

- This operation is done under enhanced local anesthesia. The patient is relaxed during the operation and the procedure itself is generally painless.
- The duration of the patient visit for either upper or lower blepharoplasty is about two hours. It takes about half an hour for preoperative preparations and around one and a half hours for the operation itself, after which the patient rests. Once discharged from the surgery the patient is sent to home care.

#### **Postoperative period and recovery:**

- The final result of the operation depends on the course of the operation, the experience of the surgeon and his team and, to a significant extent, on conscientious and detailed postoperative monitoring and control.

- The remarkable success of blepharoplasty surgery in **Dr Langdon's** clinic is due to the experience of our surgical team and to the use of precise surgical techniques and professional postoperative care.
- To be sure of the success of the operation and wellbeing of the patient, **Dr Langdon** and his team insist on regular check ups and post-operative contact with the patient.
- Postoperative recovery after blepharoplasty usually takes around seven days after the operation. The stitches are removed seven days after the surgery, and our patients can resume their personal and professional activities immediately afterwards.
- To minimize noticeable scar formation, it is best to avoid direct sun exposure of skin incisions for six months after the operation.