

Blephoroplasty

PROCEDURE GUIDE



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What is a Blepharoplasty?

Blepharoplasty, often referred to as "eyelid surgery," is a cosmetic surgical procedure designed to improve the appearance of the eyelids. It focuses on addressing common signs of ageing or specific aesthetic concerns in the upper and/or lower eyelids. It is with the aim of helping to refreshing the upper face or to correct a tired or angry appearance around the eyes. It is a procedure that is commonly combined with a browlift.

Upper blepharoplasty and lower blepharoplasty are two distinct cosmetic surgical procedures that focus on improving the appearance of the eyelids, but they target different areas and address specific concerns. Here are the key differences between upper and lower blepharoplasty:

Upper Blepharoplasty: This procedure focuses on the upper eyelids. It primarily addresses unwanted skin, displaced or unwanted fat, and helps give a more visible upper eyelid.

Lower Blepharoplasty: Lower blepharoplasty targets the lower eyelids. It is aimed at addressing concerns such as under-eye bags, puffiness caused by herniated fat, wrinkles, and loose or unwanted skin in the lower eyelid area.



Blepharoplasty Procedure

Here is an overview of the blepharoplasty procedure:

PREOPERATIVE CONSULTATION

The process begins with a consultation with Dr Sophie who evaluates your unique concerns, goals, and medical history. During the consultation Dr Sophie will assess your upper face as a whole and discuss all elements of this region and the effect that genetics, gravity and age has had on it. After this assessment a precise surgical plan will be discussed and agreed upon that is with the aim of freshening the upper face and eye region.

ANAESTHESIA

Blepharoplasty is performed under general anaesthesia. Upper blepharoplasty can also be performed under local anaesthesia with sedation, depending on the extent of the procedure and the patient's comfort. Dr Sophie and the anaesthesia team will discuss the best anaesthesia option during preoperative planning.

INCISION PLACEMENT

The surgeon carefully plans and makes incisions based on the area(s) of concern:

Upper Blepharoplasty Incisions: Typically, incisions are made along the natural creases of the upper eyelids, hidden within the eyelid folds.

Lower Blepharoplasty Incisions: There are two common approaches:
Incisions just below the lower eyelashes for traditional lower blepharoplasty.

A transconjunctival approach, where incisions are made inside the lower eyelid, for addressing fat deposits without external scarring.



TISSUE ADJUSTMENT

Upper Blepharoplasty: The surgeon addresses concerns such as unwanted skin and displaced or unwanted fat and crispness of the upper eyelid crease. Unwanted skin is removed, and fat may be removed as required. Upper eyelid ptosis (droopiness of the upper eyelid) can be corrected at the same time.

Lower Blepharoplasty: For the lower eyelids, the surgeon targets issues like under-eye bags caused by herniated fat, wrinkles, and loose or unwanted skin. Fat may be repositioned or removed, and skin and muscle tightening can be performed as required.

CLOSURE

The incisions are meticulously closed with dissolving sutures or sutures requiring removal at 1 week after surgery. You will be given antibiotic ointment to apply to suture lines after surgery.



FAQ

Am I a good candidate for Blepharoplasty?

During your blepharoplasty consultation, Dr Sophie will help determine whether you are a good candidate.

Here are some factors to consider when determining your candidacy for blepharoplasty:

- Brow position and shape
- Eyelid hooding
- Visible eyelid crease
- Eyelid wrinkling
- Eyelid droopiness (ptosis)
- Puffiness and fat bags
- Dry eye
- Eye Conditions

Dr Sophie will assess your eyelid concerns, overall health, and specific goals to determine if blepharoplasty is suitable for you.

During the consultation, Dr Sophie will discuss the potential benefits and risks of the procedure, review your medical history, and conduct a thorough examination of your eyelids and surrounding facial features. Based on this assessment, Dr Sophie will provide personalised recommendations and help you make an informed decision about whether blepharoplasty is the right choice for achieving your desired results, or whether you are best suited to an alternative or complementary procedure.

FAQ

What are the potential risks of Blepharoplasty?

Like all surgical procedures, blepharoplasty carries potential risks and complications. While it is generally considered safe when performed by a skilled and experienced surgeon, patients should be aware of these potential risks and discuss them thoroughly with their surgeon before undergoing the procedure. Here are some of the potential risks and complications associated with blepharoplasty:

- Bleeding
- Infection
- Scarring
- Asymmetry
- Dry Eyes
- Blurred or Double Vision
- Undercorrection or Overcorrection
- Numbness or Sensitivity
- Anaesthesia Risks

It is important to remember that while these risks exist, most patients experience a smooth and uncomplicated recovery after blepharoplasty. Dr Sophie will provide detailed preoperative and postoperative instructions to help minimise these risks.

Recovery

Recovery from an upper blepharoplasty is quicker than a lower blepharoplasty because a lower blepharoplasty is generally more involved and therefore post operative swelling lasts longer:

IMMEDIATELY AFTER SURGERY

- Blepharoplasty is a day procedure and Dr Sophie will use long acting local anaesthetic which helps to minimize post operative pain.
- It is common to experience some degree of blurry vision, tearing, and sensitivity to light in the initial hours following surgery.

THE FIRST FEW DAYS

- Bruising and swelling around the eyes are expected. These are the most noticeable during the first few days.
- You may be prescribed pain medications to manage any discomfort. Most patients describe the pain as mild.
- It is essential to keep your head elevated, even while sleeping, to help reduce swelling.
- Cool eye masks help to reduce bruising in this phase.

FIRST WEEK

- Stitches are typically removed at your first check up at 1 week.
- Some patients may experience mild itching, tightness, or dryness around the eyes. Your surgeon may recommend lubricating eye drops or ointments to alleviate these symptoms.

SECOND WEEK

- Most patients can return to light activities, including office work, within a week after surgery.
- Swelling and bruising will start to improve but may not fully resolve for about 2 weeks.
- Avoid strenuous physical activities, including heavy lifting and vigorous exercise, for 3-4 weeks to minimize the risk of swelling and help with the healing process.



WEEKS 3 TO 4

- By this time, the majority of the swelling and bruising should have subsided, and you will notice more noticeable improvements in the appearance of your eyelids.
- Some residual swelling may persist, particularly in the morning, but it gradually diminishes throughout the day.
- You can typically resume most regular activities, including exercise, around this time, but continue to follow your surgeon's recommendations regarding physical activity.

LONG-TERM RECOVERY

- Over the next few months, your eyelids will continue to settle, and the final results of the surgery will become more apparent.
- Incision lines will fade and become less noticeable, although they may remain slightly pink or red for some time.
- It is important to protect your eyes from excessive sun exposure by wearing sunglasses with UV protection.



Scar Management

You will be provided with instructions on scar management. Initially whilst the incisions are healing you will apply an antibiotic ointment twice a day. Once the incisions are healed hydration of the scars is helpful and you will be given recommendations. Sun protection is critical in the recovery phase.

Recovery times for upper and lower blepharoplasty vary, but most patients can expect to see final results within a couple of weeks of upper and around 6 weeks after lower blepharoplasty, enjoying a more youthful and refreshed appearance around the eyes.



Gallery

Lower Blepharoplasty



Upper Blepharoplasty



IS BLEPHAROPLASTY A SUITABLE SOLUTION FOR UNDER-EYE BAGS AND PUFFINESS?

Lower blepharoplasty can effectively address under-eye bags and puffiness in the lower eyelids. During the procedure, excess fat is typically redistributed or removed to alter and smooth your eyelid contour.

HOW LONG DO THE RESULTS OF BLEPHAROPLASTY LAST?

The results of blepharoplasty are long-lasting, and many patients enjoy the benefits for many years. While the ageing process continues, the improvements achieved through eyelid surgery can persist, making it a cost-effective option for facial rejuvenation.

WHAT IS THE DIFFERENCE BETWEEN UPPER AND LOWER BLEPHAROPLASTY?

Upper blepharoplasty addresses concerns in the upper eyelids such as sagging skin and displaced or unwanted fat. Lower blepharoplasty focuses on the lower eyelids, addressing issues like under-eye bags, puffiness, and unwanted or loose skin and wrinkles. The choice between the two procedures depends on the specific concerns and goals of the patient, and they can also be performed together for comprehensive eyelid rejuvenation.





Get in touch with Dr Sophie Ricketts and her team today!

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