

## **Eyelid Lift**

Eyelid lift, or “blepharoplasty” can help restore a more youthful appearance to the areas of the skin surrounding the eyes. It rejuvenates puffy, sagging and tired-looking eyes by removing or repositioning excess skin, muscle and fat in eyelids.

### **Who needs it?**

### **How is the procedure performed?**

### **Risks and long-term considerations?**

### **Recovery?**

### **Other procedures to consider?**

### **Who needs it?**

Eyelid surgery is usually performed on adult men and women who have healthy facial tissue and muscles and have realistic goals for improvement of the upper and/or lower eyelids and surrounding area.

You should do it for yourself, not to fulfill someone else’s desires or to try to fit any sort of ideal image. Good candidates are:

- Healthy individuals who do not have a life-threatening illness or medical conditions that can impair healing
- Non-smokers
- Individuals with a positive outlook and specific goals in mind for blepharoplasty
- Individuals without serious eye conditions

### **How is the procedure performed?**

The procedure is usually performed with local anesthesia or combined with sedation and may take 1 to 2 hours. Incisions are made along the eyelids in inconspicuous places (in the creases of the upper lids, and just below the lashes on the lower lids). Excess skin, muscle and fat are removed and closed with fine sutures. Dr. Butterfield may either reposition the fat in the lower eyelids or remove it depending on your specific needs. In the case that no skin needs to be removed, a transconjunctival blepharoplasty can be performed, where the incision is made inside the lower eyelid and there are no visible scars.

Stitches are removed after four days and most people return to work in ten. Contact lenses may not be worn for two weeks. Eyes can be sensitive to light and wind and may be slightly irritating for a short while; eye drops and cool compresses help to alleviate these discomforts.

### **Risks and long-term considerations?**

Complications from the procedure are uncommon, and can include: infection, temporary swelling, double or blurred vision, tiny whiteheads, and difficulty closing eyes when going to sleep. Uneven healing and scarring, and ectropion (pulling down of the lower lids) are very rare and may require surgical correction.

### **Other procedures to consider?**

Blepharoplasty may be performed alone or can be combined with other cosmetic procedures such as brow lift, facelift, Botox® treatments, and facial fillers, such as Juvéderm™ or Radiesse™.