

EYELID SURGERY (BLEPHAROPLASTY)



It is an excellent alternative for facial rejuvenation

If you're considering eyelid surgery, this information will provide a basic overview of the process: at what point it could be helpful, how it's performed and what results you can expect.

The eyelids are specialized structures that provide protection to the eye but also are fundamental in the facial aesthetic.

The eye expression shows a lot at the beholder and drooping eyelid, excess skin and fat eye bags are features that look older and transmit an image of exhaustion and fatigue that harm the beauty of the face.

Eyelid surgery, technically known as blepharoplasty, is a surgical procedure used to remove excess skin and fat from the upper and lower eyelids and, depending on the case, correct the position of the eyelids and eyebrows. These facial features make the person look older and tired and sometimes can affect the quality of vision. Blepharoplasty helps to achieve harmony in the eye and facial contour.

Am I a candidate for this procedure?

Blepharoplasty can enhance your appearance and confidence that you have yourself. Before deciding to have surgery, think carefully about your expectations and discuss them with your specialist.

The best candidates for eyelid surgery are men and women, physically healthy, psychologically stable and realistic in their expectations.

Although, in most cases, candidates are over 45 years if the candidate wants, could decide to have eyelid surgery at a younger age.

There are certain medical conditions that require modifications to the technique of blepharoplasty; These include thyroid problems such as hyperthyroidism and Graves' disease, dry eye problems and disorders such as diabetes. It is important to discuss with your ophthalmologist the different alternatives for you.

All surgery involves risk and uncertainty

When a qualified Plastic Surgeon Ocular performed eyelid surgery, complications are infrequent and usually minor. However, there is always the possibility of complications, including infection or a reaction to anesthesia, among others.

How to plan the surgery?

The initial consultation with your surgeon is very important because the professional can know all the medical history to make the assessment before the surgery and provide the necessary information. Make sure to tell your surgeon if you have any allergies, if you smoke or if you are taking vitamins or medications.

In this consultation, your surgeon will perform a thorough eye exam, assess your visual acuity and rule out diseases that may affect the process, such as dry eye.

It is important that you talk to your surgeon your expectations versus surgery and discuss whether you need to treat all four eyelids or perform additional procedures. Feel free to ask any questions to your doctor, especially those that have to do with your expectations and concerns facing the results.

Types of anesthesia

Eyelid surgery is performed, usually under local anesthesia that produces numbness in the area around the eyes, and low oral or intravenous sedation. Therefore, you will be awake during surgery but relaxed and insensitive to pain. However, you may feel you pull their skin and occasional discomfort.

Surgery

Usually the blepharoplasty takes one to three hours depending on the extent of the surgery. If all four eyelids work, it is likely that the surgeon begins with the upper eyelids and the lower end.

In a normal procedure, the surgeon makes incisions following the natural lines of your eyelids: The folds of the upper lids and below the lashes in the lower eyelid. The latest techniques used in ocular plastic surgery behind the eyelids, which allows faster recovery and excellent cosmetic results.

Post-surgery

After surgery, your surgeon will begin treatment to prevent infection and pain and accelerate the healing process. Chances are your eyes feel tight and sore as the anesthesia disappears.

The surgeon will closely monitor its progress during the first or second week. Around the fifth or seventh day after surgery, the stitches are removed. After that, the swelling and redness around your eyes will gradually subside and you will begin to see and feel much better.

Back to normal

After surgery, you will likely have to reduce its activities for three to five days and should avoid, at least for three weeks, extreme activities and those requiring greater physical effort like heavy lifting and sports impact.

Your new look

After surgery, the scars may show a slight pink for six months or more. Then they disappear to acquire the appearance of a thin, nearly invisible white line. Remember that healing is a gradual process.

On the other hand, the positive results of eyelid surgery, such as a more alert and youthful appearance, will last for years and, for many people, these results will be permanent.