

01

CREPEY AND DEFLATED LIDS

Fullness is lost in the upper and lower eyelids

03

OVERALL DROOPINESS

The deeper supporting structure weakens, and environmental damage causes loss of skin elasticity

04

UNDER-EYE BAGS AND BULGES

The fat pad that was once concealed beneath our youthful tissue becomes more visible

05

HOLLOWS

A groove begins to form at the bottom of the eyelid toward the cheek

02

CROW'S-FEET AND EYELID WRINKLES

Overactive eye muscles cause bunching of the skin when we smile and the skin begins to look creased and crinkled, even when at rest

BEFORE

Upper and lower blepharoplasty. Procedure performed by Mokhtar Asaadi, MD; West Orange, NJ.

YOUNG

DID YOU KNOW?

Women who reach out to their plastic surgeon or oculoplastic surgeon for help run the gamut, from twenty-somethings with genetic puffiness to septuagenarians looking for overall rejuvenation. And because the causes of eye-area aging are so complex, Boca Raton, Fla., oculoplastic surgeon Steven Fagien, MD, explains, "Rejuvenation efforts must take many factors into consideration in order to achieve the most natural results."

AFTER

EYES

FOR YEARS, EYELID SURGERY (ALSO KNOWN AS BLEPHAROPLASTY) INVOLVED REMOVING EXCESS TISSUE. BUT TODAY, EYELID SURGERY IS ABOUT MORE THAN JUST TAKING AWAY.

THE EXPERTS REVEAL THEIR SECRETS...



lower lids

AND UNDER-EYE BAGS

LOWER EYELID SURGERY CAN INCORPORATE SEVERAL DIFFERENT SURGICAL TECHNIQUES DEPENDING ON YOUR NEEDS AND DESIRED OUTCOMES. ACCORDING TO WEST ORANGE, NJ, PLASTIC SURGEON MOKHTAR ASAADI, MD, "WHEN IT COMES TO EYELID SURGERY, WE TRY TO BE CONSERVATIVE. IF A PATIENT HAS GOOD SKIN TONE, YOU CAN JUST REMOVE THE FAT." BUT, FOR MORE COMPLEX ISSUES, BLEPHAROPLASTY CAN INVOLVE RESHAPING THE ANATOMY BY ADDRESSING MUSCLES, TENDONS AND SKIN.

What the surgeon does

When sagging muscle and excess skin are responsible for an aged appearance, an incision beneath the lower lashes is usually recommended to tighten or trim the skin, muscle and deeper supporting structures, as well as reposition fat. But when performed with precision, it will be nearly undetectable once healed. Some surgeons feel an incision inside the lower lid is often more appropriate for younger patients with genetically based flaws, or for patients who are experiencing puffiness or hollows and only need fat to be redistributed. The goal of lower eyelid surgery—regardless of the problems addressed or incision used—is to reposition the fat in a way that lends a youthful, balanced look.

What to expect after surgery

The lower lids take a bit longer to heal than the upper lids, and they can look swollen and bruised for up to 10 days following surgery. According to Dr. Herte, it can take up to six weeks for all swelling to subside, although this residual swelling may be so minor that you might not even notice. Internal sutures will eventually dissolve and any external stitches will be taken out within five days. From then on, you'll notice results continuing to improve over the next few months.

Aftercare

Immediately after surgery, and for up to two weeks afterward, you'll need to keep your head elevated (above the heart) while resting or sleeping. Cool compresses should be applied to the area as often as possible for the first two to three days. Dr. Herte advises patients to avoid reading or watching TV for the first few days after surgery if you have to look down. "You want the lids to heal in a stretched-out position," she says. "And you won't be able to see your book or the TV with cold compresses on your eyes anyway." Your surgeon may also give you an ointment to apply to keep the healing areas moist. Dr. Glasgold says, "Studies have shown that incisions heal better when they are kept moist." Also be sure to apply sunscreen daily and wear protective sunglasses whenever outdoors to protect the healing skin.

Dr. Glasgold advises potential patients to ask their surgeons about their chances of experiencing a rounding of the lower lid after surgery. Although many surgeons will take steps to prevent this during the initial surgery, "This is the most common reason for an unhappy patient after surgery. It may require an additional procedure to correct, which is why it's important to bring it up in conversation."

SPECIAL CARE BEFORE AND AFTER SURGERY

Two weeks before surgery, stop taking aspirin and other medications like anti-inflammatories that can promote bleeding. (Your surgeon will give you a list of specific drugs to avoid.) You can also start taking supplements that many surgeons believe can help minimize bruising and promote the healing process. Arnica and vitamin C are occasionally recommended for five days before and five days after surgery. Dr. Codner also recommends that patients eat fresh pineapple before and after surgery because it contains high levels of an anti-inflammatory called bromelain. But bromelain is best obtained from fresh pineapple (the canning process destroys it) or in pill form.

BEFORE

AFTER

Upper and lower
blepharoplasty.
Procedure performed
by Mokhtar Asaadi,
MD, West Orange, NJ.

TARGET AREAS
Excess fat can be
repositioned in the
under-eye area to
restore a youthful
appearance.

