

A Guide to Eyelid Surgery

Also known as blepharoplasty, eyelid surgery is the process used to tighten and rejuvenate the skin around the eyelids. Eyelid surgery can be used for either upper or lower eyelids; however, lower eyelid surgery is a far more delicate procedure. Upper eyelid surgery is commonly used in situations where the upper eyelid is puffy, weighed down or suffers from wrinkles.

1300 0 73339

THE PLASTIC SURGERY CLINIC & MEDISPA
CHAITHAN REDDY

theplasticsurgeryclinic.com.au

Why do we get wrinkles? 3

INTRINSIC AND EXTRINSIC AGEING

WHAT CAUSES PUFFY EYES?

Am I a good candidate for blepharoplasty? 4

KEY BENEFITS OF EYELID SURGERY

The eyelid surgery procedure 5

POST-PROCEDURE AFTERCARE

Dr Chaithan Reddy 6



Why do we get wrinkles?

As you no doubt are aware, wrinkles are a naturally occurring result of ageing. What's interesting is that if you were to look at wrinkled skin under a microscope, there are no tell-tale signs that the skin you're looking at is in fact wrinkled. Wrinkled skin will still contain all the usual components of healthy skin, such as collagen, which keeps the skin firm; elastin, which provides elasticity; and glycosaminoglycans (or GAGs), which keep the skin hydrated. So even if wrinkled skin has all of these components, why does it crease and fold?

Intrinsic and extrinsic ageing

There are two types of ageing that our body is exposed to, which are known as intrinsic and extrinsic ageing. Intrinsic ageing is what many would identify as 'the natural ageing process'. This is unavoidable and takes place over the years of our life regardless of other influences. This means that, over time, your skin will naturally begin to thin and, in turn, become more fragile. Those plentiful components of collagen, elastin and GAGs will continue to produce and form but in gradually smaller quantities. This can cause thin skin such as the eyelids to wrinkle and eventually sag.

Extrinsic ageing also plays a predominant part in the ageing of the skin. As you may have guessed, if intrinsic ageing is to do with the natural ageing process, then the extrinsic ageing refers to outside influences that also add to the signs of ageing. These are things like sun and environmental damage that can affect your skin. The ultraviolet rays from the sun cause the breakdown of elastin in the skin, which results in sagging and wrinkling. If you spent a lot of time in the sun when you were younger and didn't make use of sunscreen, hats or other protective measures, then it is likely that the UV rays have damaged the elastin in your skin which causes your skin to wrinkle later down the line.

What causes puffy eyes?

Not only is the skin of eyelids affected by wrinkles and sagging, but they can also become enlarged or 'puffy' with age. Though at present, there is no definitive answer on what causes eyes to become puffy, one predominant theory is that it has to do with fat deposits around the eyes. The fat is contained in membrane pockets, but as we age, this membrane can thin and break down, causing the fat to spread further throughout the skin of the eyelid and give an inflated appearance. Some other possible reasons include large intakes of salt, genetic factors, smoking and drinking alcohol.



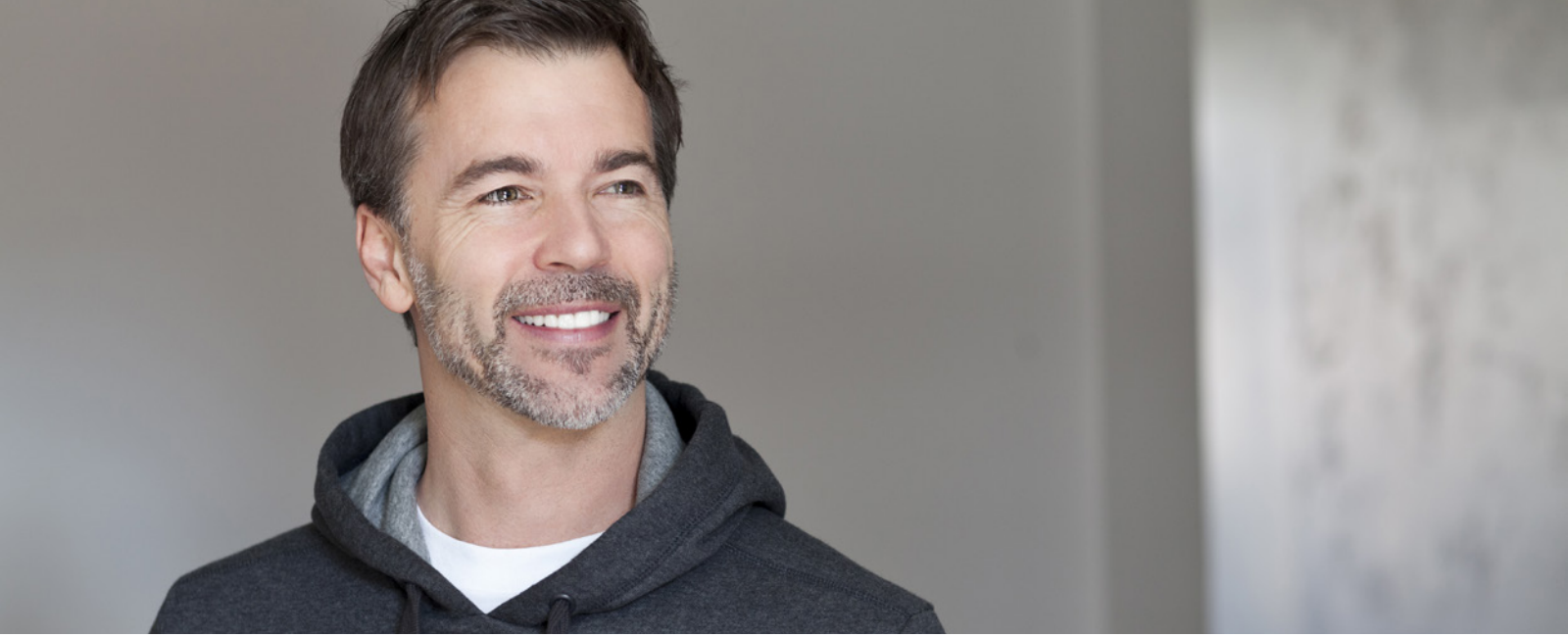
Am I a good candidate for blepharoplasty?

If you have any of the following concerns, you may be suitable for eyelid surgery:

- Sagging and excessively wrinkled eyelids
- Puffy and droopy eyelids (in some cases, they may weigh down and impair vision).
- A look of permanent tiredness
- Extra skin and fine wrinkles

Key benefits of eyelid surgery

- ✔ Remove excess deposits of fat which can reduce puffiness around the eyes
- ✔ Tighten and improve loose skin around the eyes
- ✔ Remove excess skin to alleviate deep wrinkles
- ✔ Lift and restore droopiness of the eyelid
- ✔ Regain a youthful and refreshed appearance



The eyelid surgery procedure

The eyelid reduction procedure is performed either under a general or local anaesthetic. While the choice of anaesthetic will be yours, Dr Reddy will guide you through the decision-making process, depending on the complexity of your blepharoplasty.

Prior to your anaesthesia, Dr Reddy will mark out the planned incisions using micro callipers ensuring that symmetry is optimised. Once you are asleep, the excess skin will be removed. This will be followed by removal of excess deposits of fat located around your eyes. This is carefully planned and assessed, ensuring that just enough fat is removed to restore a smooth aesthetic contour to your eyelids, but not too much such that 'hollowing' occurs, a tell-tale sign of ageing in the eyelid region.

In the case of lower eyelid blepharoplasty procedures, once the fat has been managed, it is also important that the eyelid is well supported. Dr Reddy routinely performs this to optimise your lower eyelid contour and position.

In certain individuals, rejuvenation of the lower eyelid region may also require replacement of lost volume in order to restore a youthful contour. Tear trough deformities can often be well corrected with fat transposition techniques and the addition of 'fat grafting'. This can have dramatic results in achieving a beautiful and youthful lower eyelid contour. Please see our before-and-after fat grafting photos for examples of the results that can be achieved.

Upon completion of the skin closure with delicate fine gauge sutures, specific dressings will be applied, and cool packs will be applied to your eyes.

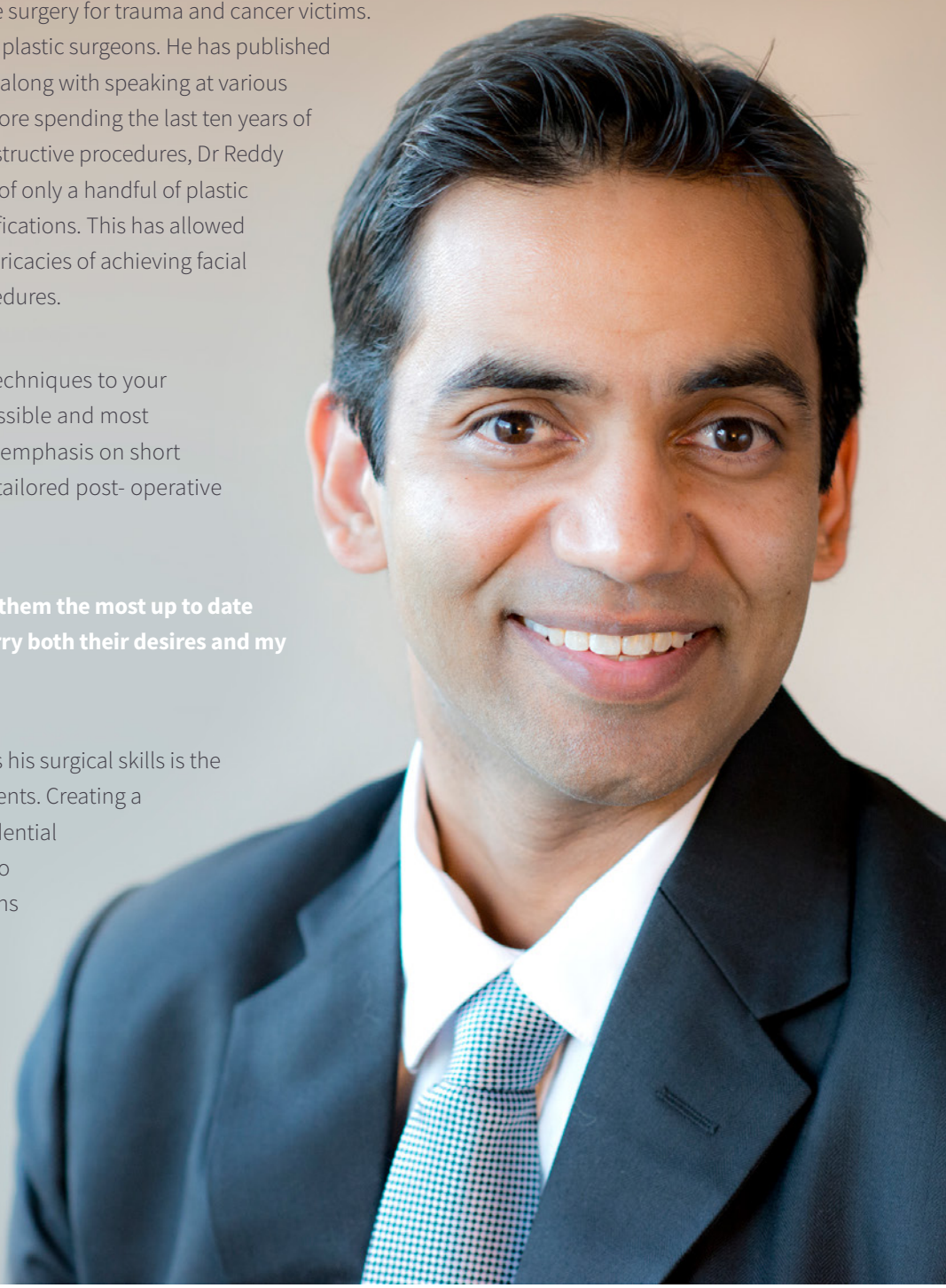
Post-procedure aftercare

As each procedure is unique, you will be provided with your own personal aftercare instructions. Given the delicate area, it's important to relax and let the skin heal. You can expect some soreness and swelling for a couple of weeks, and it's best to avoid the sun during this time. It's also important to avoid contact with your eyes, especially rubbing them, as you can risk damage to the eyelids.

Dr Chaithan Reddy

Dr Chaithan Reddy provides a comprehensive range of cosmetic and other surgical procedures of the most surpassing standard. Dr Reddy is not only a cosmetic surgeon but also a plastic and reconstructive surgeon. He is a Fellow of the Royal Australasian College of Surgeons (FRACS), the only internationally recognised body in Australia being able to grant this qualification.

Dr Reddy is also a consultant plastic surgeon at three major teaching hospitals in Sydney where he performs complex reconstructive surgery for trauma and cancer victims. He is also involved in the training of future plastic surgeons. He has published extensively in the plastic surgery literature along with speaking at various international plastic surgery meetings. Before spending the last ten years of his career performing cosmetic and reconstructive procedures, Dr Reddy also became a qualified dentist. He is one of only a handful of plastic surgeons in the country to hold dual qualifications. This has allowed him to comprehensively appreciate the intricacies of achieving facial beauty during his facial rejuvenation procedures.



Dr Reddy prides himself on tailoring his techniques to your particular features to achieve the best possible and most natural looking result. He places a strong emphasis on short scar techniques and the importance of a tailored post- operative treatment plan to optimise your results.

“My approach to my patients is to offer them the most up to date and consistent procedures that will marry both their desires and my skills.”

Dr Reddy believes that just as important as his surgical skills is the relationship that he develops with his patients. Creating a consultation process that is relaxed, confidential and understanding, with the opportunity to have enough time to have all your questions addressed forms the core of his approach.

“I believe it is crucial and very important that I spend time with my patients to truly define their goals, and provide the results they are looking for in the safest possible manner.”