

# BLEPHAROPLASTY FAQs

## What is Blepharoplasty?

Blepharoplasty is the correct medical term used to describe eyelid surgery, a surgical procedure that corrects any disfigurements, defects or deformities of the eyelids.

## What Does Blepharoplasty Surgery Involve?

On the upper eyelids, the incision follows the natural crease line that occurs approximately 1 cm above the eyelashes. After making the incisions, the excess skin and muscle is trimmed from the upper eyelids together with any fat present. The incisions are then closed with one long stitch on either side. On the lower eyelids, the technique very much depends on the patient's individual circumstance and requirements. Therefore, if the problem is mainly prominent lower bags without excessively loose skin, you may have what is termed as a transconjunctival blepharoplasty. In this eyelid surgery procedure the incision is made inside your lower eyelid, leaving no visible scar. Alternatively, when loose skin needs to be trimmed, the incision starts underneath the eyelashes and extends 1 cm or so outwards into the crow's feet area. The skin is then lifted upwards and outwards, gently tensioning the area and overlapping skin removed.

## Am I Suitable For Blepharoplasty 'Eyelid' Surgery?

During your consultation, Mr. Karidis will discuss your general medical history and assess you in order to determine your individual suitability.

Typically the best patients are those who are experiencing heavy eyelids, pronounced 'bags' under the eyes or have generally tired looking eyes. Most people seeking this treatment will be aged from 35 years however, on occasions, may be younger, particularly if the issues are as a result of a familial trait.

## How Will I Feel After Blepharoplasty 'Eyelid' Surgery?

When you return to your room, you will have cool gauze applied to the eye area to minimize swelling and bruising. It is also very soothing.

Your eyes may feel slightly gritty and vision may be slightly blurry. This is often as a result of eye ointment used post procedure. Most patients do not report pain post-operatively.

## Can Blepharoplasty 'Eyelid' Surgery Go Wrong?

All surgery carries some uncertainty and risk. When a blepharoplasty is performed by a qualified Plastic Surgeon, complications are infrequent and usually minor. Still, individuals vary greatly in their anatomy, their physical reactions, and their healing abilities, and the outcome is never completely predictable. Complications are not common however can include: Haematoma (a collection of blood under the skin), minor infections, scar lumpiness. Some patients will experience some minor ocular inflammation (chemosis) for a short period of time following surgery. This often resolves quickly without the need for intervention.

## What Costs Are Involved?

A surgeon fee, anesthetist fee and hospital fee will be required. You will be given a breakdown of these costs on the day of your consultation.

## How Many Blepharoplasties Has Mr. Karidis Performed?

In accordance with the National Healthcare Commission guidelines, and according to the last ten years of annual audit figures submitted to the Hospital of St. John and St. Elizabeth in London, Mr. Karidis has performed on average 300 eyelid procedures per year. It is easy to understand therefore that having been in private practice since 1997 Mr. Karidis has performed a large number of these procedures.

## How Does Travelling Soon After Surgery Affect Me?

After your operation you may feel a little drowsy from the anaesthetic and other medications. Therefore we strongly suggest that, if possible, you nominate a friend or family member to collect you. Alternatively, we can assist you in booking a taxi whilst you are in hospital.



## Quick Reference

**Surgery time**  
30 minutes to 1 hour

**Anaesthetic used**  
Usually general anaesthetic

**Hospital stay**  
Day case

**Pre admission tests required**  
Blood tests

**Up and about**  
Same day

**Washing**  
Daily from 24hrs

**Driving**  
1 week

**Exercise**  
6+ weeks

**Time off work**  
1-2 weeks

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### **Will There Be Post Operation Care?**

We look forward to seeing you at the clinic around 3 – 4 days after your surgery to remove any stitches, review your results and advise you accordingly. Providing all is well, you will usually see Mr. Karidis at around 4 weeks post operation for a routine check up. Further appointments can of course be made if necessary.

### **How Do I Prepare Myself for Blepharoplasty 'Eyelid' Surgery?**

It is always useful to allow yourself plenty of time to recover and organise sufficient time off work. 2 weeks should give you sufficient time to allow any obvious bruising. .and swelling to subside. A little make up may be required at that point to cover any remaining bruising.

Ensure any blood tests or other tests that are required are undertaken well in advance to avoid any potential delays.

### **What Are The Warning Signs After Blepharoplasty 'Eyelid' Surgery?**

Please ensure you notify medical staff of any excessive swelling, bleeding, persistent high temperature (above 37.5 degrees for 12 hours or more) or uncontrollable pain. Most often there is nothing to be concerned about, however, it is always best to check!

### **Would You Recommend Any After Care Treatments?**

There are many treatments that will compliment the results of a blepharoplasty. Oxygen infusion around the eyes can brighten, radiofrequency can plump and lift and Botox can be used to refine results.

### **Nurses top tip:**

Use ice packs frequently for the first week following surgery. It will really help with the bruising and soothe the eyes.

### **Why Should I Choose Blepharoplasty 'Eyelid' Surgery?**

Blepharoplasty is one of the most popular aesthetic eyelid surgery procedures. The chances are excellent that you'll be happy with your surgery, especially if you realise that the results may not be immediately apparent. The positive results of refreshing your eyes and reducing a tired appearance will benefit your self-esteem and confidence and should last for years.