

## Aspire Procedural Information Guide Blepharoplasty – Eyelid Lift

Welcome to your Aspire Experience. This is your informed decision informational packet. It will give you information concerning your Aspire surgical experience from the start to the completion. It is important that you read this information carefully and completely.

Perhaps you've been told you look tired when you're not. Or you're asked if you been sick or been crying. Perhaps you're even having trouble seeing because of your drooping eyelids.

Puffy eyes, under-eye bags and wrinkles, and sagging skin around your eyes can make you look older than you are and even interfere with vision. This is where an eyelid lift can be a boost to your appearance and to your quality of life.

An eyelid surgery, also known as blepharoplasty, can remove excess skin around your eyes, tighten sagging skin, eliminate fatty deposits and dark circles under your eyes and correct drooping lower eyelids. You can reduce fine wrinkles under the eyes and lift skin that folds above your eyes. You can look more awake, rested and healthy with an eyelid lift.

### **Consultation**

If you're considering an eyelid lift, you'll first meet with Dr. Lee. He will take the time to get to know you and talk about your goals for your eyelid lift.

Be prepared to share your medical history, including previous surgeries, medical conditions, drug allergies and current medications. Dr. Lee will conduct an exam to assess the elasticity of your skin, take measurements of your face and take photos for your records.

If your eyebrows are sagging as well, Dr. Lee may recommend a forehead lift in addition to your eyelid lift. Botox, injectable fillers or laser resurfacing may be necessary as well to achieve the look you're after.

Tell Dr. Lee if you have any of the following conditions, which may affect your eyelid surgery:

- High blood pressure
- Thyroid problems
- Diabetes
- Glaucoma
- Dry eye
- Detached retina
- Allergies
- Difficulty wearing contact lenses
- Cardiovascular disease



### **Before Your Eyelid Lift Surgery**

Knowing what to do and what to expect before your surgery will make for the best possible outcome.

If you're a smoker, you will be asked to stop smoking well before surgery. You may need to get lab testing or a medical evaluation, to take certain medications or adjust your current medications. You will need to avoid aspirin and certain anti-inflammatory drugs before surgery, because they can cause increased bleeding. Dr. Lee will provide additional preoperative instructions.

Your surgery will be performed at the fully accredited Southwest Surgical Suites or another accredited facility. They will contact you prior to your procedural date to review medical history and instructions. Do not eat or drink anything after midnight the night before your procedure for a morning surgery; including water, mints, chewing gum, and vitamins. For an afternoon procedure, obtain specific instructions during your pre-operative call. Having an empty stomach is extremely important for your safety.

Be sure to arrange for someone to drive you home after surgery and to stay with you at least the first night following surgery.

Your surgery likely will be performed with general anesthesia; local anesthesia and intravenous sedation might be an option as well. Dr. Lee will recommend the right anesthesia for you.

### **Your Eyelid Lift Surgery**

Upon arrival at the surgical facility and after registration, you will be escorted to the preoperative area where you will be prepared for surgery. One guest may be with you until you go into the operating room. Both your physician and your anesthesiologist will meet with you prior to your procedure.

Incisions are placed to fall within the natural folds of the eye area, where they will be least noticeable.

To fix an upper eyelid, an incision is made in the crease of the lid. Muscle and tissue are tightened, and any excess skin is removed. To correct a lower eyelid, an incision is made just below the lower eyelash, and excess skin is removed. To remove excess fat under the eye, an incision may be made inside the lower eyelid.

The incisions are closed with sutures. Dark circles under the eyes may be treated with a chemical peel or laser at this time.

### **After Your Eyelid Lift Surgery**

When your surgery is complete, you'll be taken into a recovery area where you will be closely monitored. Although the time varies, most patients are discharged one to two hours after the procedure.

Your vision will be blurry and your eyes will be swollen, but you'll experience little pain.

You'll receive detailed instructions for your post-surgical care. In most cases, you'll go home in just a few hours. You will need a caregiver to drive you home and to stay with you for the first 24 hours to watch for signs of complications.

For the first few days after your eyelid lift, you'll need to rest with your head elevated. You may need to use cold compresses. Your eyes may feel tight during this time. You should avoid excessive bending or lifting.



You may continue to experience some blurriness for a few days, and your eyes may be more dry or water more than usual as well. You should protect your eyes from wind and strong sunlight.

After a week, you likely will be permitted to wear makeup to hide the bruising and discoloration. This should subside in approximately 10 days. Stitches are often removed at this time as well. Swelling can dissipate as quickly as a week, though it often takes several weeks to several months. You can return to work when your vision clears.

### **Important Facts About Eyelid Lift Risks and Complications**

Complications from eyelid lifts are rare. And Dr. Lee is a board-certified plastic surgeon with decades of experience. But every surgery comes with risk. Those specific to eyelid surgery include:

- Temporarily blurred or impaired vision
- Dry eyes
- Difficulty closing your eyes
- Lid lag, a pulling down of the lower eyelid. This is often temporary.
- Ectropion, rolling of the eyelid outward
- Bleeding
- Poor wound healing
- Unattractive scarring
- Allergic reactions
- Infection
- Fluid accumulation
- Blood clots
- Numbness and other changes in skin sensation
- Anesthesia risks
- Eyelid disorders that involve an abnormal position of the upper eyelids, loose eyelid skin or abnormal laxness of the lower eyelid. Additional surgery may be required.
- Pain, which may persist
- Skin discoloration and swelling
- Sutures may spontaneously surface through the skin, become visible or produce irritation that require removal
- Deep vein thrombosis, cardiac and pulmonary complications
- Possibility of revisional surgery
- Loss of eyesight

Dr. Lee will discuss these risks with you during your consultation. Please be sure to ask him about any questions or concerns that you might have.

### **The Results of Your Eyelid Lift**

While it may take up to a year for your incision lines to subside, you will begin to enjoy the results of your eyelid lift within just a few weeks. You'll notice smoother skin and a more refreshed and bright-eyed appearance.

To protect and sustain your fresh new look, Dr. Lee can recommend several remarkable products from the Aspire skin care line. Avoiding sun exposure and cigarette smoke and eating a skin-friendly diet will also allow you to enjoy the results of your eyelid lift for years to come.



The key to a truly successful eyelid lift is maintaining an open line of communication with Dr. Lee and adhering to his recommendations. He and his team are eager to respond to your questions—they are your partners in achieving the results that you seek.