



# Peter Callan Plastic Surgeon

Peter Callan Plastic Surgeon specialising in Cosmetic Surgery, Breast Surgery, Hand Surgery and Treatment of Skin

## Blepharoplasty (Eyelid surgery, eye lift)

### What is it?

Blepharoplasty is surgery on the eyelids to correct sagging and bags. It may also address a lazy eyelid or be associated with a browlift.

### Is Mr Callan experienced at this procedure?

This is an important question to ask. Not only is Mr Callan experienced at this procedure, but he performs blepharoplasty regularly and keeps up to date with the latest techniques. It is also important to know that as a fully trained plastic surgeon Mr Callan performs this procedure to the high standards of Australian Plastic Surgery.

### Can I see photographs?

You can see photographs in our office when you have a consultation. As Mr Callan performs blepharoplasty procedure frequently, there are large numbers of photographs to look at many of which will be of patients with a problem similar to yours. We do not publish photographs on the web for a number of reasons, but the most important of these is that you need realistic photographs for the particular type of eyelid surgery you will need.

### Who has a blepharoplasty?

Men and women with upper eyelids that are droopy or have excess skin or puffiness, or lower eyelids with bagginess or looseness. Occasionally the upper eyelids have enough excess skin that they may even interfere with vision.

### Am I suitable?

You need to be sensible, honest about your reasons, happy with your informed decision, and be as healthy as possible. A time of personal crisis is no time to be making decisions about such surgery. You should have normal vision (apart from needing glasses) and have no other problems with your eyes.

### What would stop me from having the surgery?

You must not be smoking, outside the BMI range of 18-28, under stress when making your decision, or have a medical condition that would make surgery unsafe.

### How is it done?

Eyelid surgery is done in a fully accredited hospital. The type depends on your specific needs. For upper eyelids a browlift may be necessary as well, or only a browlift may be necessary. If the eyelids need surgery then some skin is removed and the upper eyelid fold recreated. For the lower eyelids, it depends. Often the lower eyelids are really a reflection of descent of the cheeks with age, unmasking bags or the edge of the eye socket. Repositioning the cheek and removing the skin will help this problem. Rarely some fat may need to be removed, but usually visible fat bags just need to be covered up again by the cheek like they were when you were younger.

### What are the benefits?

This is entirely a personal matter, but if your eyelids interfere with vision or distress you in other ways surgery may help a lot.

### What are the risks?

All surgery carries some element of risk. You can minimize your risk by being as healthy as possible and as psychologically prepared as possible, by selecting an experienced and qualified surgeon, and giving yourself a stress free time during which to recover. Despite this there are some risks that you will need to discuss. The most common of these is mild asymmetry after surgery. There are other risks common to all surgery, and you should be aware of these.

### Are there scars?

The incisions for the surgery are always present, but fade over the first six to twelve months. As a rule the incision lines are inconspicuous unless specifically searched for, and seem to fall naturally into the fold for the upper eyelid, or be in the shadows of the lashes for the lower eyelid.

### How long am I in hospital for?

Usually after eyelid surgery you can go home the same day. While not particularly painful, some people are uncomfortable the first night. You will be given plenty of medication if it is required to keep you comfortable.

### How long will I need to recover?

This varies but usually ranges from one to two weeks. You must not drive until you are fully recovered from both the anaesthetic and the discomfort of surgery so as you are fully capable. If in doubt, don't.

### Do I need anything else after surgery?

No. It may help to use gentle cool compresses for the first few hours, but no drops or medications other than mild pain relief are required.

### Will I need to be seen after surgery?

Yes. We will keep in close contact with you by telephone for the first few days and then will see you about five days after surgery, then at three weeks, then at three months. You are of course welcome to call or visit anytime with any concerns.