



**PETER
CALLAN**

PLASTIC SURGEON

Blepharoplasty

(Eyelid surgery, eye lift)

What is it?

Blepharoplasty is surgery on the eyelids to correct sagging and bags under the eyes. It may also address a lazy eyelid and can be performed together with a brow lift.

Is Mr Callan experienced at this procedure?

Mr Callan has many years of experience at this procedure. He performs blepharoplasty regularly and keeps up to date with the latest techniques. You can be sure that, as a fully trained plastic surgeon, Mr Callan performs this procedure to the highest standard available.

Can I see photographs?

You can see photographs of people who have had this procedure when you have your consultation. As Mr Callan performs this procedure frequently, we have a large number of photographs of those you have had the type of blepharoplasty you may be suitable for.

Who has a blepharoplasty?

Men and women with droopy upper eyelids, excess skin or puffiness, and those with baggy and loose lower eyelids. Occasionally the upper eyelids have so much excess skin that it interferes with vision.

Am I suitable?

If you're considering this surgery you should have normal vision (apart from needing glasses) and have no other problems with your eyes. You also need to be sensible and honest about your reasons for wanting blepharoplasty and happy with your informed decision. You should also be as healthy as possible. A time of personal crisis is no time to be making decisions about such surgery. What would make me unsuitable for this surgery? Smoking, being outside the BMI (body mass index) range of 18-28, under stress when making your decision, or having a medical condition that would make surgery unsafe.

How is it done?

Mr Callan performs all his surgery at St John of God Hospital in Geelong, a fully accredited hospital. The type of blepharoplasty you have depends on your specific needs. For upper eyelids a brow lift may be necessary as well, or a brow lift alone may be the answer. If the eyelids need surgery then some skin is removed and the upper eyelid fold recreated. For the lower eyelids, it depends on your problem. Often the lower eyelids are just 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, just as they were when you were younger.

What are the benefits?

What you get out of surgery is entirely a personal matter. If your eyelids interfere with vision or distress you in other ways, surgery may help a great deal and may make you feel better about your appearance in general.

What are the risks?

All surgery carries some element of risk. You can minimise your risk by being as healthy as possible and as psychologically prepared as possible, by selecting an experienced and qualified surgeon, and by giving yourself a stress free time during which to recover. The particular risks and complications of this surgery will be discussed at your first consultation. The most common of these is mild asymmetry or a slight adjustment may be required after surgery. There are other risks common to all surgery and you will be made aware of these.

Will I have scars?

The incisions for the surgery are always present, but fade over the first six to 12 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 will I be in hospital?

Blepharoplasty is usually done as a day procedure. While not particularly painful, some people are uncomfortable the first night. You will be given 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 due to bruising and swelling. You must not drive until you are fully recovered from both the anaesthetic and the discomfort of surgery. If in doubt, don't.

Do I need to do 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 3-5 days after surgery, then at three weeks and three months. You are of course welcome to call or visit any time with any concerns.