

## **FREQUENTLY ASKED QUESTIONS**

### **What Age Is Best To Have This Surgery?**

There is no “best” age. There are some teens and twenty-somethings that can benefit from removal of hereditary lower eyelid bags. For others, there is a gradual aging of the eyelids so that somewhere in the forty’s or fifty’s might be an appropriate time. Women, with thinner skin than men, tend to need eyelid surgery about ten years earlier than men. Bottom line: you are ready for it when you are ready for it – age is not a factor.

**How Long Will The Results Of Eyelid Surgery Last** This is one of the longest lasting operations that plastic surgeons perform. Unfortunately, though, the aging process continues – even as the last stitch is being placed. Your results should keep you satisfied for at least ten to fifteen years – at which time one may elect to have just a small amount of accumulated excess skin removed. If fat bags have been removed, they are usually gone forever, but the skin itself will continue to age.

### **Will There Be Pain After Surgery?**

No! This operation is remarkably pain free. There will be feelings of swelling, pulling and tightness – but no pain.

### **Is Pre-Operative Eye Testing Required?**

Absolutely yes! We require an examination and clearance from your eye doctor prior to surgery. In particular, we want to make sure that your vision is stable, that there is no glaucoma present, that there is no ptosis (a discrepancy in the levels of the upper eyelids) present and that you have no dryness or lack of tear production. In essence, for a cosmetic procedure, we want to operate on healthy eyes to assure the best possible result!

### **When Can I Apply Make-Up After Eyelid Surgery?**

Normally, one should not apply make-up until about ten days after surgery. Do not try new make-up at this time – you may be allergic! Use your old, tried and true make-up. Apply your make-up very gently and remove it even more gently. Dr Jacobs will advise you when you can do this.

### **Can I Get A "Preview" Of My Eyelid Tuck Operation?**

Yes you can. Look in a mirror and pull up very gently on your eyebrows. Your upper eyelid will be revealed. For the lower eyelids, grasp some skin just below the outer corner of your eye and lift gently upward and slightly outward – and voila!

**What Is The Difference Between An Eyelid Lift And An Eyelid Tuck?** Nothing – they both describe the same operation. The operation is also technically known as a blepharoplasty or, in the surgeon’s vernacular, a “bleph.” An extended lower eyelid tuck,

called a Midface Lift, will improve both the lower eyelid and as well as lift the cheek adjacent to the side of the nose simultaneously. Please read the section on Midface Lift elsewhere on this website.

### **Can I Just Have My Upper Or Lower Eyelids Done Alone?**

Yes! At your consultation, there will be an examination and discussion with you. Recommendations may be made for either upper or lower eyelid tuck – or both. Yet, you will make the final decision.

What About Cheekbone Implants? Cheekbone implants, usually made of soft silicone rubber, can be combined with a lower eyelid tuck. They will add highlights and definition to your cheekbone area. These implants come in a multitude of shapes, styles and sizes. Dr Jacobs will demonstrate examples to you at your consultation. Although many surgeons prefer to place these implants through an incision in the mouth, Dr Jacobs prefers to place them through the lower eyelid incision. This allows him to position them precisely so there is no asymmetry. Then, the implants are stabilized in place by suturing them to the bone so that they do not move or twist after surgery.

### **What Can Be Done For Dark Circles?**

Dark circles are due to hereditary hyper-pigmentation of the lower eyelid skin. Dark circles are NOT due to leaking blood from capillaries – that is a MYTH! There are no truly successful surgical treatments for this condition. The best alternatives for treatment are to use concealing makeup or to consider a moderate strength chemical peel, whose beneficial side effect is bleaching and lightening of the skin. Sometimes dark circles are merely shadows produced beneath large, protruding eyelid bags in certain lighting conditions. If the shadow-producing bags are removed, the dark circles will be gone! Dr Jacobs may demonstrate this at your consultation.

### **Can An Eyelid Tuck Be Combined With Other Facial Operations?**

Absolutely yes – this is done all the time! Each procedure will improve a particular part of the face – but they all complement one another. They can be performed separately or all at once – the end result, after all procedures are performed, will be the same. Combined procedures result in “facial harmony,” in which all parts of the face appear age-appropriate to one another. Procedures which are commonly performed together are eyelid tuck, facelift, browlift and sometimes chin augmentation. Also, other procedures such as otoplasty (ear tuck) and rhinoplasty (“nose job”) may be combined as well. If a browlift is to be performed in conjunction with an upper and lower eyelid tuck, then the browlift should always be performed first. Some of the upper eyelid skin will be improved by the browlift so that less skin need be removed from the upper eyelids. The results of these combined procedures can sometimes take 10 – 15 years off your appearance -- absolutely spectacular!

### **Will Eyelid Surgery Totally Rejuvenate My Eyelid Area?**

Sometimes. But more often than not, small ancillary procedures may be recommended to enhance and complement the surgical results and to help to maintain those results for year to come. For example, Botox (to relax the forehead lines, soften frown lines between the brows and eliminate crow's feet on the sides of the eyes) can do things that surgery cannot do – and vice versa. Appropriate injections of skin fillers (such as Restylane, Juvederm, Evolence, Radiesse, Sculptra, Artefill and the like) can fill in small lines, hollows or depressions either before or after surgery. And fillers which can restore larger volumes (such as fat grafts, Radiesse and Sculptra) can be used to subtly enhance cheek bones and restore fullness to the brow areas. The skin surface may require attention as well. The use of skin peels and lasers will contribute to smoother skin. And the continued daily use of appropriate skin creams, such as Retin-A, will aid in maintaining the skin tone. Perhaps most important, maintaining a healthy life style will sustain your surgical results for many years.

### **Will Smoking Affect The Results Of Eyelid Surgery?**

Absolutely yes! Smoking (really the nicotine in the smoke) has an immediate and direct deleterious effect on the small blood vessels which provide blood for proper healing. We insist that you stop smoking for at least two weeks prior to surgery and two weeks following surgery. Any cheating will harm no-one but yourself. And if you have succeeded in stopping completely for one month, you have also essentially quit – perhaps the best thing you could have done for yourself long term. Bravo!

### **Can I Have Eyelid Surgery If I Have Had Previous Eyelid Surgery?**

Frequently this is possible. This is called secondary or revision surgery. By definition, it is much more difficult to do (due to natural internal scarring that occurs after any operation) and less predictable. Each case requires careful evaluation as to what can be accomplished and what might be best left alone. However, in most cases, particularly if there are distortions of the eyelids, some improvement can be obtained. These are discussed on a case by case basis with Dr Jacobs.

### **Does Insurance Cover Eyelid Surgery?**

No, it does not – it is a cosmetic procedure.

### **Can Eyelid Surgery "Westernize" An Asian Eyelid?**

Yes it can. The Asian eyelid is characterized by a lack of a fold or crease in the upper eyelid. Utilizing special techniques, this fold can be created for an Asian eyelid.