

A close-up photograph of a person's face, focusing on the eye area. A hand wearing a white latex glove is gently touching the person's forehead and upper eyelid. The person's eyes are closed, and their lips are slightly parted. The background is a soft, out-of-focus light color.

Aura

ADVANCED SKIN CARE
& PLASTIC SURGERY

EYE LIFT

BLEPHAROPLASTY

What is an Eye Lift?

Also known as a blepharoplasty, an eye lift is a surgical procedure that aims to restore youthfulness and add beauty to the eyes and overall facial expression by correcting age associated changes to the eyes such as eyelid drooping, fine wrinkles, bags and puffiness over and under the eyes.

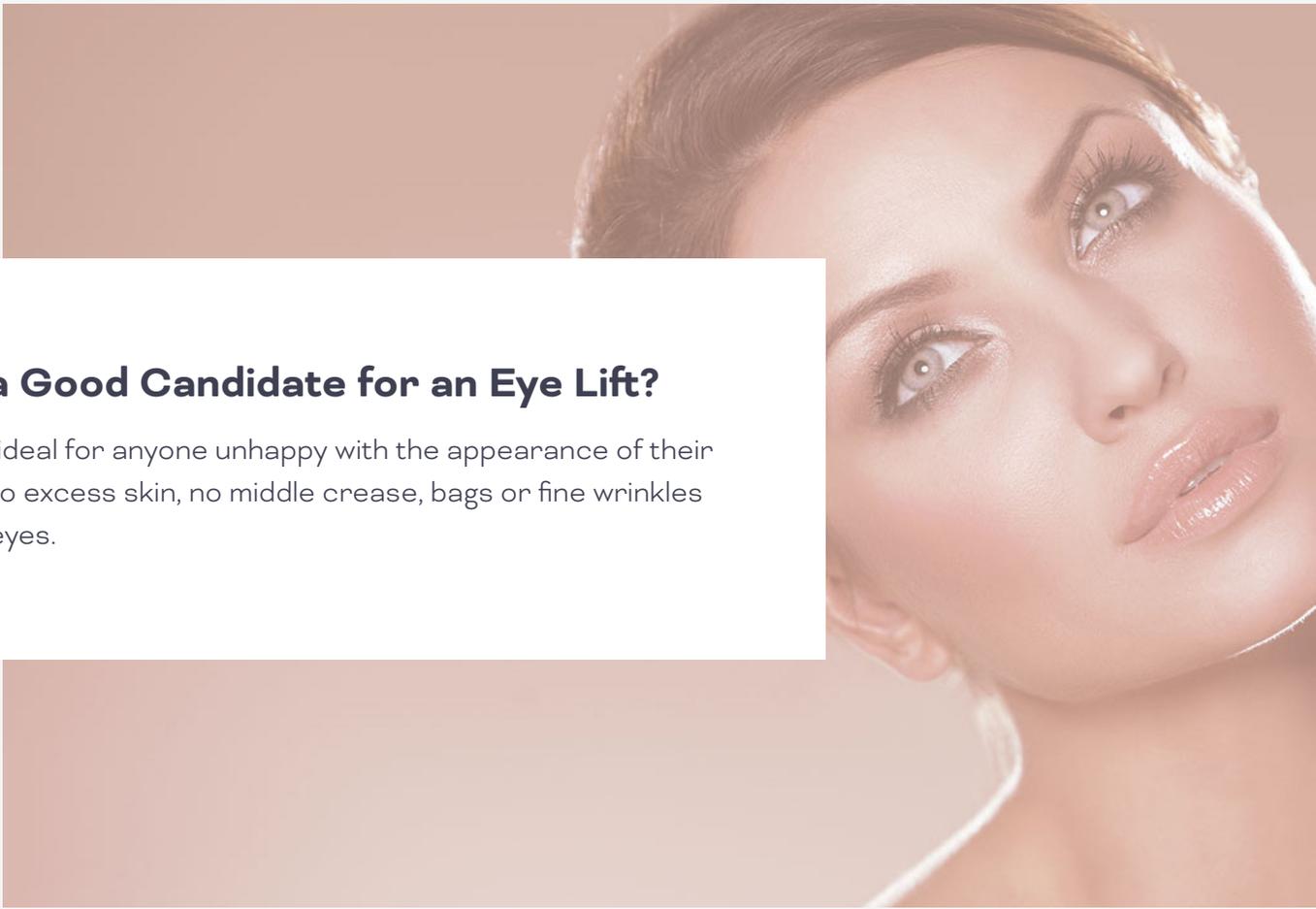
Eye lift are also commonly performed to correct prior eyelid surgeries and create a double crease for Asian eyes.

Good candidates for an Eye Lift include those who:

- Are in overall good health
- Do not smoke
- Have droopy eyelids that create an aged & tired look
- Lack a middle crease in the upper eyelid
- Want a more alert & youthful appearing upper face
- Have bags and fine wrinkles under the eyes

Who is a Good Candidate for an Eye Lift?

Eye lifts are ideal for anyone unhappy with the appearance of their eyelids due to excess skin, no middle crease, bags or fine wrinkles around the eyes.



HOW IS AN EYE LIFT DONE?

Before the Procedure

Meet with a Surgeon

First, you will need to meet with a board certified plastic surgeon. This is important because board certified plastic surgeons must meet rigorous qualifications and standards to receive their certification after completing four years of medical school and several more years of residency. Be wary of physicians who are certified by medical boards other than plastic surgery as they do not have the same extensive training.

In addition to their certification, choose a surgeon with experience doing the procedure you are interested in. Don't be afraid to ask how many procedures they perform per year or month and take that into account when choosing a surgeon.

During your Pre-op Visits

During your pre-op visits you'll also discuss, any medical conditions and medications you take. Pictures will likely be taken to document your eyes before and after as well as outline the expected results of the procedure. Blood work may also be required to detect any pre-existing conditions in case special considerations need to be taken. Pre-op instructions will likely include when to stop eating and drinking before the procedure, and when to arrive for your procedure.

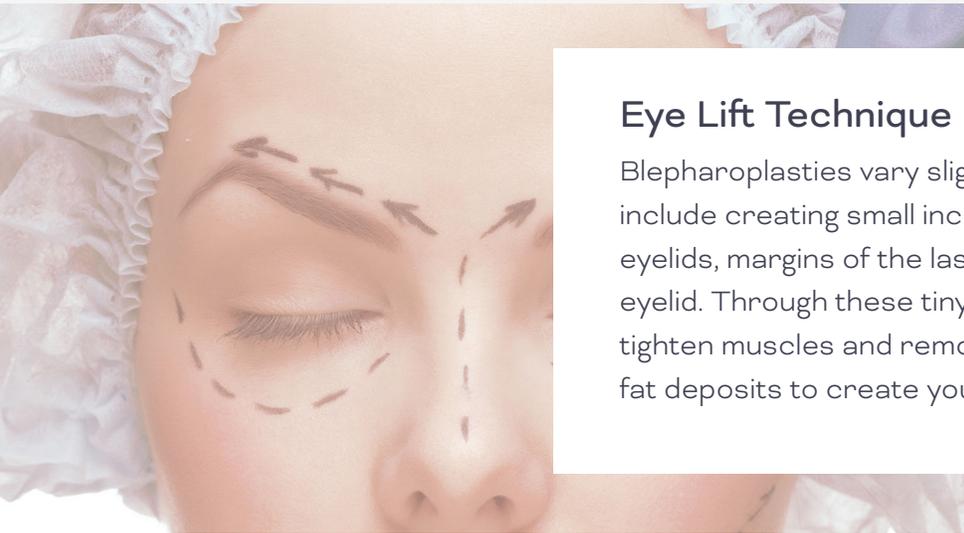
The Procedure

Where and how long will the surgery take?

Eye lift surgeries are performed at an outpatient surgical center or hospital under general anesthesia or IV sedation. The average eye lift procedure takes about 45 minutes to 3 hours depending on the technique and extent of work needing to be done. Duration may be longer if combined with other procedures.

During your surgeon visit

During your visit with the surgeon, you will discuss what you would like changed and your desired end results. A good surgeon will carefully listen to your wishes and help you know if an eye lift or another type of procedure is right for you.



Eye Lift Technique

Blepharoplasties vary slightly depending on technique but most include creating small incisions easily hidden in the folds of the eyelids, margins of the lashes or inside the conjunctiva of the eyelid. Through these tiny incisions, your surgeon will be able to tighten muscles and remove excess skin and remove or reposition fat deposits to create youthful, more inviting eyes.

After the Procedure

Once the procedure has been completed, you'll be held in the recovery room until you wake up from anesthesia or sedation.

Unless you are staying in a special post-op suite or the hospital, you will need to arrange for someone to drive you to and from surgery and stay with you the first few nights to help you recover.

WHAT IS RECOVERY FROM AN EYE LIFT LIKE?

After the Surgery is Complete

Excessive tearing, bruising, redness and swelling around the eyes are to be expected for the first few days after surgery.

Your surgeon will give you specific instructions that will include how to care for the surgical site and medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health and when to follow up with your plastic surgeon.

As you Recover over time

Post-procedure instructions usually include plenty of rest, keeping the head elevated, and protecting the eyes from sun and excessive strain. Wearing sunglasses and minimal if any reading and screen time on electronics is strongly advised for the first few weeks.

Sleeping while upright in a recliner or significantly propped up in bed is also recommended to minimize swelling and bruising around the eyes.

Plan to have someone else around to help with some daily activities for a few days, especially if you have young kids or animals to take care of. Exercise and other types of physical activities may not be allowed for a few weeks. Your surgeon will give you specific instructions on when you can return to certain activities.

WHAT ARE THE RESULTS & BENEFITS OF AN EYE LIFT?

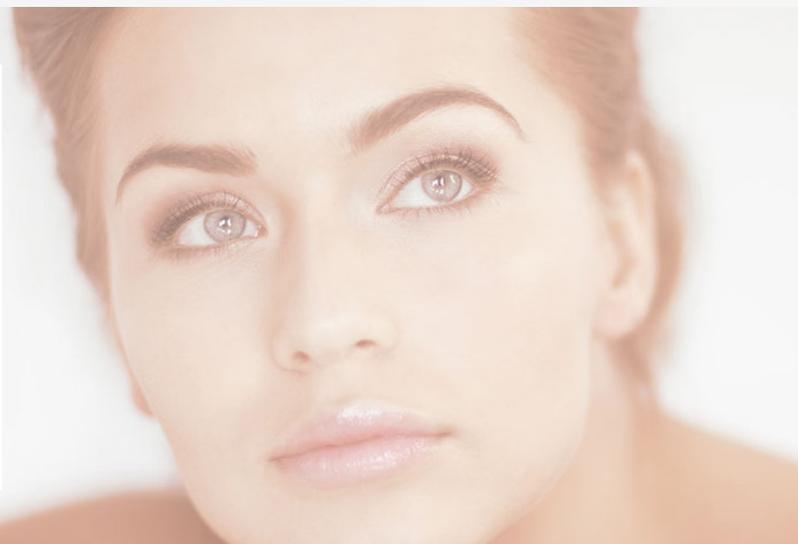
Results & Benefits

After the bandages come off

Although some swelling may be present for the a week or so after the procedure, final results from an eye lift procedure are usually fully appreciated after three of four weeks.

Eye Lift Benefits

- Wider, more youthful eyes
- A rested more alert appearance
- Improved peripheral vision
- Fewer wrinkles around the eyes
- A more defined eyelid crease
- Reduced appearance of lower eyelid bags
- Improved self-confidence



WHAT RISKS COME WITH AN EYE LIFT?

Risks are present with any type of procedure or medical treatment. Knowing what risks you may face will help you weigh the pros and cons so you can make the right decision for you.

Your surgeon will go over risks that may be more specific to you but in general here are some risks associated with eye lift procedures:



Eye Lift Risks

- Infection
- Bleeding
- Blood Clots
- Skin discoloration from scarring or bruising
- Undesirable scarring depending on what technique is used
- Chronic Pain
- Adverse reactions to anesthesia or sedation medication

LIST OF QUESTIONS TO ASK DURING CONSULTATION

- ❓ Is the surgeon a Board Certified Plastic Surgeon?
- ❓ Are there any steps I can take to help me prepare for my surgery?
- ❓ What surgical technique would be best for me?
- ❓ Are there before-and-after photos of individuals with a similar body type as mine so I can see what a similar outcome might be for me?
- ❓ Are there any risks and complications specifically associated with my breast augmentation procedure?
- ❓ Will I be going home afterward or staying overnight?
- ❓ Will I be given any medication after the surgery?
- ❓ How should I expect to feel immediately following and for the first few days after the procedure?
- ❓ What will the bandages and dressings be like and for how long will I have to wear them?
- ❓ What is the typical time-frame for recovery?
- ❓ What daily activities should I avoid during recovery and for how long?
- ❓ Will I need help during my recovery? What kind and for how long?
- ❓ Is there a number I can call in case complications arise?
- ❓ How often will follow up visits be?
- ❓ Will stitches need to be removed? If so, when?
- ❓ What's the expected time-frame for healing? When can I expect to see the final results?
- ❓ Where will the surgery be performed?
- ❓ If it is a hospital, is it accredited by the Joint Commission? You can check at www.qualitycheck.org
- ❓ If it is an office-based surgical facility and not a hospital, is it accredited by a nationally or state-recognized accrediting agency? Specifically, the Accreditation Association for Ambulatory Health Care (AAAHC) and The Joint Commission? You can check at <http://www.aaahc.org/>