

Aesthetic Eyelid Surgery (BLEPHOROPLASTY)

Eyelid surgery is performed on men and women of different ages, usually by personal choice. Some people age differently depending on genetics, sun exposure, lifestyle or deformities.

Upper blepharoplasty is a treatment for people who have eyelids that are drooping onto the eye itself leaving a very tired appearance and causing visual interference. Removal of the excess skin is performed giving the patient a more youthful, refreshed appearance. Bags below the eyes that are caused by stress, ageing and late nights can also be reduced, taking years off a patient's appearance.

WHAT TO EXPECT AT YOUR CONSULTATION

During the consultation, Mr. Mutimer will place a mirror to your face and ask you to tell him of the changes you would like to see from surgery. He will tell you whether or not your expectations are realistic and achievable.

The staff at Brighton Plastic Surgery Centre understand that it can be very difficult for a patient to make enquiries about such a delicate matter. Our caring and supportive staff are more than happy to help you make the necessary arrangements for an appointment for you to see Mr. Mutimer. It is their aim to make you feel as relaxed, comfortable and fully informed about the procedure as possible. Please do not hesitate to ask the staff for any assistance.

Confidentiality is of the utmost importance at Brighton Plastic Surgery Centre.

Strictest care is taken to ensure your privacy.

Easy parking is available at the rear entrance.

You will need to inform Mr. Mutimer of any previous illness, plastic surgery, reaction to anaesthetics or operations that you have had in the past and it is important to bring a list of all medications that you are currently taking.

Mr. Mutimer will consider several points when evaluating you for surgery, such as:

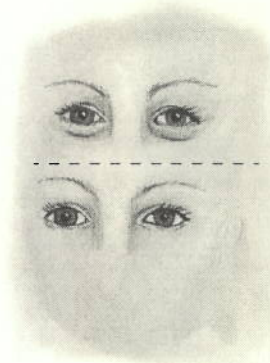
- allergies
- if you wear contact lenses or glasses.
- if you are seeing an eye specialist for any eye conditions
- excess skin on the upper eyelids or lower eyelids.

Mr. Mutimer will explain in detail the advantages of eyelid surgery and how they will benefit you. It is important to remember that each patient is different and the outcomes will vary from patient to patient. The procedure itself is often performed with other plastic surgical intervention such as laser, endowbrowlift or facial rejuvenation. Mr. Mutimer will go through the options available. Upper and lower blepharoplasty is often performed at the same time.

You should expect your consultation with Mr. Mutimer to be at least 30 minutes in length.

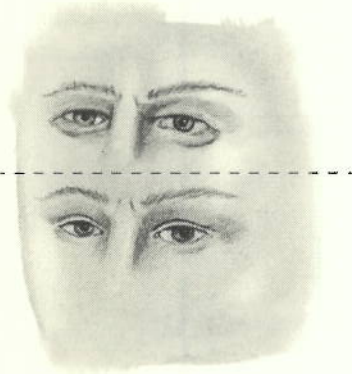
DOES MY HOSPITAL INSURANCE COVER THE SURGERY?

If you are having surgery due to a deformity (i.e. the skin is hanging over the eyelid thus affecting vision) you may have an MBS item number attached to this surgery. Mr. Mutimer will inform you of this. Your hospital insurance will cover your theatre and bed fee. A portion of Mr. Mutimer's and the anaesthetist's fee are claimable through Medicare and your hospital insurance. However, if you are having eyelid surgery purely for cosmetic reasons, your surgery will not be covered by your hospital insurance. You will incur Mr. Mutimer's fee, an anaesthetist fee, an operating room fee and a bed fee, all of which will also incur GST.



Eyelid surgery removes the excess fat and wrinkled, drooping skin of the upper eyelids. It also eliminates bags under the eyes and tightens the lower eyelid skin.

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Popular among men as well as women, eyelid surgery helps to eliminate the appearance of being constantly tired.

WHERE ARE THE INCISIONS PLACED?

When upper blepharoplasty is performed an incision is placed along the crease or fold of the upper eyelid and finely sutured. Excess skin or fat is removed from this incision. As the incision is made in the crease of the eyelid it is barely visible and easily camouflaged with makeup. An upper blepharoplasty is performed under local anaesthetic and sometimes with sedation as a day surgery patient. This procedure is not painful and takes approximately 45 minutes.

A lower blepharoplasty can be performed with an incision inside the eyelid or externally, just beneath the eye lashes. If suturing is required, dissolving sutures are used. Excess fatty tissue is removed from the lower eyelid giving the patient a less tired look and reducing puffiness. It is often common to have laser performed on the lower eyelid to decrease lines around and underneath eyes. Mr. Mutimer will discuss those options with you. A Lower Blepharoplasty takes approximately 60 minutes and both procedures combined usually take up to 90 minutes.

RISKS, COMPLICATIONS AND SIDE EFFECTS

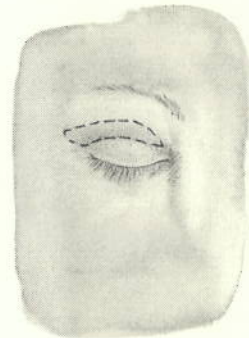
Complications from eyelid surgery are uncommon however it is important to be informed before you proceed with surgery. Mr. Mutimer will explain them to you in detail.

They are as follows:

- Discomfort due to swelling, causing some blurred vision
- Pain due to swelling
- Bruising which subsides after a two week period
- Unevenness of the eyelids
- Eye irritation which can be improved by eye drops
- Haematoma which is a collection of blood under the skin which requires removal
- Infection requiring medication
- Blindness (this occurs to 1 in 40,000 patients)
- Dragging of eyelids if too much skin is removed.

Risks and complications can be avoided and it is recommended that you follow the pre and post-operative steps.

For upper eyelid surgery, generally an incision is hidden within the natural fold of the upper eyelid and extends slightly beyond the outside corner into the laugh lines of other existing creases.



For lower eyelid surgery, often an incision is hidden just below the lower lashes. Excess fat in both the upper and lower eyelids may be removed, or sometimes lower eyelid fat is redistributed.

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PRE-OPERATIVE PREPARATIONS

- ❑ Smoking should be ceased two weeks prior to surgery (including nicotine patches)
- ❑ Any blood thinning tablets (i.e. aspirin/disprin) or vitamins should be ceased two weeks prior to surgery.
- ❑ Arnica tablets should be taken 3 days prior to surgery (5 tablets a day) excluding the day of surgery and should also be taken post-operatively until finished. These are used to help with swelling and bruising.
- ❑ Fasting is required 7 hours prior to your procedure if you are having a general or local anaesthetic.

WHAT TO EXPECT ON THE DAY OF SURGERY

The patient care co-ordinator will have given you an admission time, which is usually 30-60 minutes prior to you surgery. If you are having a general anaesthetic or sedation, you will have fasted for 7 hours prior to this. If you are having a local anaesthetic admission will be 15 minutes prior to your surgery and fasting will not be required. You will need to bring all your hospital insurance details if applicable. If you are having surgery as an inpatient you will need to bring toiletries, nightwear and comfortable clothing consisting of a top that is zipped or buttoned at the front, not one that is pulled over the head.

You will also need a carer to transport you to and from the centre. It is imperative that you have someone to stay with you 24 hours after the procedure. If you are having a general anaesthetic it is important that you inform Mr. Mutimer of any previous reactions to anaesthetics (i.e. vomiting), nervous condition or anxiety.

All anaesthetists that work with Mr. Mutimer are friendly and of high expertise in this field. After your surgery, you will be taken to a recovery area. It is at this time you may experience some discomfort or blurred vision. Discomfort is surprisingly quite minimal and if pain relief is necessary it is important not to take any aspirin or disprin. Your eyes will have patches placed on them to help prevent infection. You will be given drops to use post-operatively.

WHAT TO EXPECT AFTER SURGERY

Swelling and bruising will occur the day after surgery causing you some discomfort and blurred vision. This can take up to 3 weeks to subside. Sleeping with your head elevated or using two pillows will help to minimize swelling. Applying cold packs to the eyes for 24 hours after surgery will help to reduce the swelling. It is important to note that every patient is different and some patients suffer more swelling or bruising than others. Do not expect too much too soon from yourself and remember that rest is an essential part of the healing process. It is very important to take your Arnica tablets also.

Your eyes will feel tight for a time, but this is quite a normal reaction. Do not exercise, smoke or drink alcohol during the recovery period as this can slow the healing process. You will require two weeks off work and you should discuss this with Mr. Mutimer. He will inform you when strenuous exercise can be resumed or undertaken.

Sutures will be removed after five days. You will not be able to wear contact lenses for two weeks post-operatively and you will need to wear good UV protective sunglasses when exposed to sunlight. You will be closely monitored by the wound care manager, who is available to assist you with any needs or concerns you may have.

MAINTAINING YOUR PATIENT/DOCTOR RELATIONSHIP

Mr. Mutimer is a very approachable doctor who understands your needs in relationship to Eyelid surgery. Please feel comfortable to approach him with any questions or concerns you feel need to be addressed. You will return to the consulting rooms for follow up care, where your progress will be monitored.

Post-operative photographs will be taken at a later date.

It is important for you to remember that the relationship between you and Mr. Mutimer does not end when you leave the hospital. If you have any questions or concerns do not hesitate to contact the office to speak with him.

The post-operative period is an extremely important time and staff are available to help you. You can contact them on 9592 0522.