

# BLEPHAROPLASTY SURGERY CHECKLIST

## WHAT IS BLEPHAROPLASTY SURGERY?

- **Blepharoplasty** or **Eyelid Surgery** is a type of procedure that repairs droopy eyelids and may involve removing excess skin, muscle and fat.
- As eyelid skin is the thinnest skin on the face, it is often the first to show deterioration. Over the course of ageing, the thin skin of the upper lid stretches and sags, sometimes causing excess fat to gather above and below your eyelids.
- As a result, you may begin to experience sagging eyebrows, droopy upper lids (often referred to as ptosis) or bags under your eyes.
- There are a number of different Blepharoplasty procedures available to improve the appearance of your upper and/or lower eyelid area.

Before you decide on your Surgeon or proceed with Blepharoplasty surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FRACS qualified & experienced Plastic Surgeon?
- Is my Blepharoplasty surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Blepharoplasty surgery can actually achieve?

## AM I A GOOD CANDIDATE?

- Do you have droopy eyelids that leave you looking tired or drained?
- Do you have puffy under-eye 'bags' or fat deposits under your eyes?
- Is your vision impaired due to sagging upper eyelid skin?
- Do you have excess skin or fine wrinkles around your lower eyelids that cause you to look older than you actually are?
- Do you have difficulty putting on eye makeup or seeing your eyelashes?

If your answer is 'YES' to any of the above concerns, you may be a good candidate for Blepharoplasty Surgery.

## PRE-SURGERY CHECKLIST

- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able to undergo an initial recovery period of approximately 2 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?
- Have properly researched my surgery and I am ready for my first surgery consultation?



## PREPARING FOR YOUR FIRST CONSULTATION

### What can I expect at my initial surgical consultation?

You will typically:

- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected surgery options
- Have your photos taken
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have your questions answered

### How should I prepare?

- Ask a friend or family member to come along with you for extra support
- Do your research - if there is anything that you can't find out about your surgeon online, be sure to make a note so that you can ask during your consultation
- Prepare a list of questions you would like to ask your surgeon so that you don't forget



General Disclaimer - Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Note that results can vary from patient to patient and that all invasive surgery carries risks. Be sure you do your research before proceeding.

## WHAT ARE MY OPTIONS?

Your Surgeon will guide you in choosing the right Blepharoplasty procedure for you, depending on the condition of your eye area, level of ptosis and your particular concerns. The types of Blepharoplasty procedures we offer include:

- Upper Blepharoplasty** - Removes the excess or stretched skin of the upper eye/eyelid to reduce a puffy, 'hooded' appearance.
- Lower Blepharoplasty** - Helps to surgically reduce under eye 'bags' and provide improvements to under-eye wrinkles, lines and puffiness.
- Double Blepharoplasty** - A combined Upper and Lower Blepharoplasty can help to restore a toned, healthy-looking skin area above and below the eye.
- Asian Double Eyelid Surgery** - Helps to create a single crease in the no-crease or double-folded eyelid common in individuals of Asian heritage.
- Revision Blepharoplasty** - Suitable for those who are unhappy with the results of previous blepharoplasty surgery.

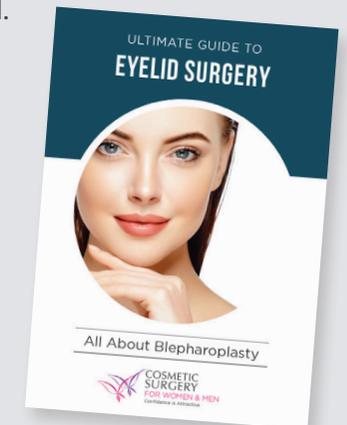
## FIND OUT MORE - FREE SURGERY GUIDE!

Are you considering Blepharoplasty Surgery but would like to find out more? Our **FREE** downloadable Surgery Guides have you covered.

### Our Blepharoplasty Surgery Guide covers:

- Blepharoplasty Surgery explained
- How to plan for your Blepharoplasty Surgery
- The surgical process and recovery tips
- Answers to some of our FAQs

**DOWNLOAD THE FULL GUIDE HERE**



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