



BLEPHAROPLASTY FROM DR JOHN FLYNN

The surgical eyelid procedure designed to give you a more refreshed appearance.

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WHAT IS A BLEPHAROPLASTY?

As we age, our upper eyelids start to droop – sometimes to the extent of affecting our eyesight – and puffy bags begin to form under our eyes. This can make us appear older and more tired than we really are. One of the most commonly requested cosmetic surgery procedures is eyelid surgery, technically called blepharoplasty. It is designed to remove excess fat, skin and muscle from the upper and lower eyelids and to rejuvenate the appearance of the eyes.

Depending on the patient's concerns, both the upper and/or lower eyelids can be operated on. With upper eyelid surgery, surgical scars are placed in the eyelid crease, making them inconspicuous. The loose fold of skin that droops over the upper eyelid can be removed to make the eyes appear bigger and the bags below the eye can also be reduced.

The lower eyelids are more challenging from a surgical point of view. The issues here are loose skin, bagging or prolapsing of fat, and the hollow eye trough. The bags are really fatty tissue from inside the eyes that bulges forward because of weakness in the muscle wall.

The eyes are important because they reflect a person's state of health and wellbeing. Blepharoplasty is the surgical procedure to improve the appearance of the upper and/or lower eyelids to give a more refreshed appearance.

While eyelid surgery will improve the bags and wrinkles around the eyes, it will not improve wrinkles of the cheeks, temples or forehead. It also does not correct problems caused by drooping eyebrows but Dr Flynn offers other treatments for these conditions.



HOW COULD BLEPHAROPLASTY HELP ME?

You may wish to have an eyelid surgery to improve your overall facial appearance, or to help correct the effects of aging. Redundant upper eyelid skin can obscure vision and this can be corrected by blepharoplasty.

COMMON REASONS WHY PEOPLE CONSIDER BLEPHAROPLASTY



Upper eyelids

- As part of the normal ageing process, the upper eyelid skin can sag and fat can protrude.
- This excess skin may cause problems with vision.
- Many patients feel they constantly look tired.

The major issue with the upper eyelids is redundant skin in the upper lid which, in extreme cases, can be sufficient to actually obscure vision

Lower eyelids

- Bulging or sagging of the lower eyelids that can occur with age.
- Looking tired or having bags under the eye.
- As part of a more extensive facial cosmetic surgery.

Perhaps most common is the 'tired eyes' syndrome, where skin pouches under the eye along the line of the tear trough and hollow of the eye socket.

Note: Blepharoplasty is not used for crow's feet or eyelid wrinkles. These are better treated with anti-wrinkle injections.

BEFORE DECIDING TO HAVE BLEPHAROPLASTY SURGERY, YOU SHOULD CONSIDER THE FOLLOWING:

- Previous eye conditions can be affected especially if you have dry eyes, glaucoma, wear contact lenses or have had laser surgery.
- If you are a smoker, you should make every effort to stop smoking.
- You should have a generally good level of fitness and health.

HOW IMPORTANT ARE PSYCHOLOGICAL FACTORS IN RELATION TO A BLEPHAROPLASTY?

Emotional stability is the primary factor to be considered before any cosmetic surgery is performed. A new look does not guarantee a new life or an end to all personal problems. It is mostly the mental attitude of the individual that determines a successful outcome. While a blepharoplasty can improve your appearance and even your vision, the rest is entirely up to you.

A consultation with Dr John Flynn is the first step when you are considering a blepharoplasty. You should frankly discuss your goals and expectations about looking and feeling better after surgery. You should always keep in mind that the desired result is improvement, not perfection.

HOW IS A BLEPHAROPLASTY PROCEDURE PERFORMED?

The procedure will vary depending on your physical features, the amount of skin and fat to be removed, and Dr Flynn's judgement. Usually, upper and lower eyelid incisions are marked along natural lines and may extend into the "crow's feet", or smile lines, at the outer edge of the eye. Following removal of excess skin and fat, the incisions are carefully closed.

THE PROCEDURE

The procedure takes roughly one to two hours and is performed under local anaesthetic with sedation or under general anaesthetic.

The incision for an upper lid blepharoplasty is in the lid crease and is made with either a scalpel or CO₂ laser that seals the blood vessels as it incises the skin. Skin, muscle and fat are removed to reduce hooding in the upper eyelid.

Incisions for the lower lid can be made either inside the eyelid or just below the lower lash line. Excess skin in the lower eyelids is removed through these incisions to correct under-eye bags or sagging. When performed from the inside of the eyelid, the procedure will remove fat from around the eye only but does not tighten the skin. To tighten the skin, we make the incision lines within the natural structures of the eyelid region, allowing any resultant scars to be well concealed.

RECOVERY AFTER SURGERY

Most patients are back to everyday activities within one to two weeks and have fully recovered within four weeks.

- Facial and eye area may be a little bit bruised for a few days. This can be covered with makeup and is largely resolved at two weeks.
- You may find that your eyes are a little dry, gritty or sensitive to sunlight in the initial phase.
- Gently increase mobilisation and activity; patients are generally back to most normal day to day activities within a week.
- You can typically wear contact lenses after two weeks or more.
- No heavy lifting/exercise for three weeks e.g. avoid gym, aerobics, running.



WHAT ARE THE COSTS?

A blepharoplasty from Dr Flynn starts from \$4235. This is an all up fee and includes sedation and local anaesthesia. General anaesthetic comes with an extra cost.

If excess skin actually obscures a patient's vision, there is a Medicare rebate which could be applied. Dr Flynn is able to assess whether this is applicable to his patients and write the referrals if required.

For a more detailed and precise figure, please contact Dr Flynn's practice to book in your private and confidential consultation. In this consultation, Dr Flynn will be able to provide you with all the information you need.

The consultation with Dr Flynn is also rebated through Medicare – meaning you will get a portion of the initial fee back.



WHAT ARE THE RISKS AND SIDE EFFECTS?

The results of eyelid surgery become apparent gradually, with swelling and bruising usually subsiding after around two weeks to reveal a smoother, better-defined eye region and a more alert and rejuvenated appearance.

People considering eye surgery are often worried about visible scars. While scars are the inevitable result of any surgery, Dr Flynn will make every effort to keep your scars as inconspicuous as possible. Thus the scars will be along natural skin lines and creases and will usually fade with time and become barely noticeable.

NO SURGERY IS RISK-FREE

All surgery is a balance between realistic surgical goals and knowledge of possible risks and complications. Risks are minimised by careful patient selection and planning, high standards of surgical training, meticulous surgical technique and vigilant postoperative care. Small, less serious issues are common and every effort is made to resolve them quickly. These very rarely have any long-term effect on an excellent final result.

RISKS TO CONSIDER

- **Anaesthesia:** In otherwise well people, general anaesthesia is very safe with modern techniques.
- **Bleeding/haematoma:** This may need a return to the operating room to evacuate blood clot (retrobulbar haematoma). If this extremely rare complication occurs, there is a risk of blindness.
- **Infection in the wound:** If this does occur, it is usually cleared up with antibiotic tablets. Wound infection is very rare in eyelid surgery.
- **Asymmetry:** The scars may be slightly different on your right compared to left side because all patients have natural asymmetry..
- **Wound separation/delayed healing:** This is much more common in smokers or if there is an infection.
- **Lower eyelids:** Any operation on the lower eyelid can lead to some initial weakness potentially causing some sagging of the lower eyelid (ptosis). This very often resolves within a short period of time. It may require some taping for support whilst it does resolve. Sometimes further corrective and supportive surgery may be required.



BLEPHAROPLASTY FROM DR JOHN FLYNN

Dr John Flynn is an internationally recognised cosmetic doctor and has practised on the Gold Coast for over 20 years.

Dr Flynn is committed to enhancing the natural beauty of his patients and not leaving them looking "overdone". A successful blepharoplasty operation should give you a more youthful and rested appearance. Skin folds and fat bulges will be removed and eyelid creases improved. To complement your blepharoplasty, or to correct drooping eyebrows or creases of the forehead, temple or cheeks, Dr Flynn also offers procedures such as a facelift and brow lifts.

Dr Flynn is in constant demand for teaching and speaking engagements at conferences in Australia and internationally. His personal approach, commitment to natural-looking results and dedication to continued training and education has resulted in an ever-growing list of satisfied patients.

- ✓ Fellow of the Australasian College of Cosmetic Surgery
- ✓ Member International Society Cosmetic Laser Surgeons
- ✓ Board Certified American Board of Laser Surgery
- ✓ Member American Academy of Cosmetic Surgery
- ✓ Dr John Flynn MBBS, Dip RACOG, FRACGP, Dip.P.Derm (UK) FACCS

Dr Flynn reminds patients that eye problems cannot always be solved with just one treatment. A good cosmetic practice should be able to offer the right combination of treatments to match the individual's concerns or requirements.



CONTACT DR JOHN FLYNN TODAY



If you have a question or comment about the treatments at the Cosmedic & Skin Clinic or would like to make an online booking, please use this form or call us on

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