



A Guide to Eyelid Surgery

Eyes are the jewel of the body. You can talk through your eyes and convey thousands of words through them. Eyes are also the first to show signs of ageing, with the thinnest skin over the body which wrinkles and sags easily.



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Eyelid Surgery

Please take a moment to read this information sheet.

At Esmee Clinics, we aim to educate and empower our patients to make shared and informed decisions about their health, wellbeing, and beauty. Please take this information sheet as informative. It does not intend to make any representations or warranties about the outcome for any procedure.

An in person consultation with an experienced cosmetic, aesthetic or plastic surgeon is recommended before you decide to undertake this procedure

Restore the appearance of your eyelids to give you youthful and vibrant appearance with Eyelid Surgery.

As the thinnest skin throughout the body, eyelids can easily show signs of aging including wrinkles and saggiess which can leave you feeling and looking tired and worn out.



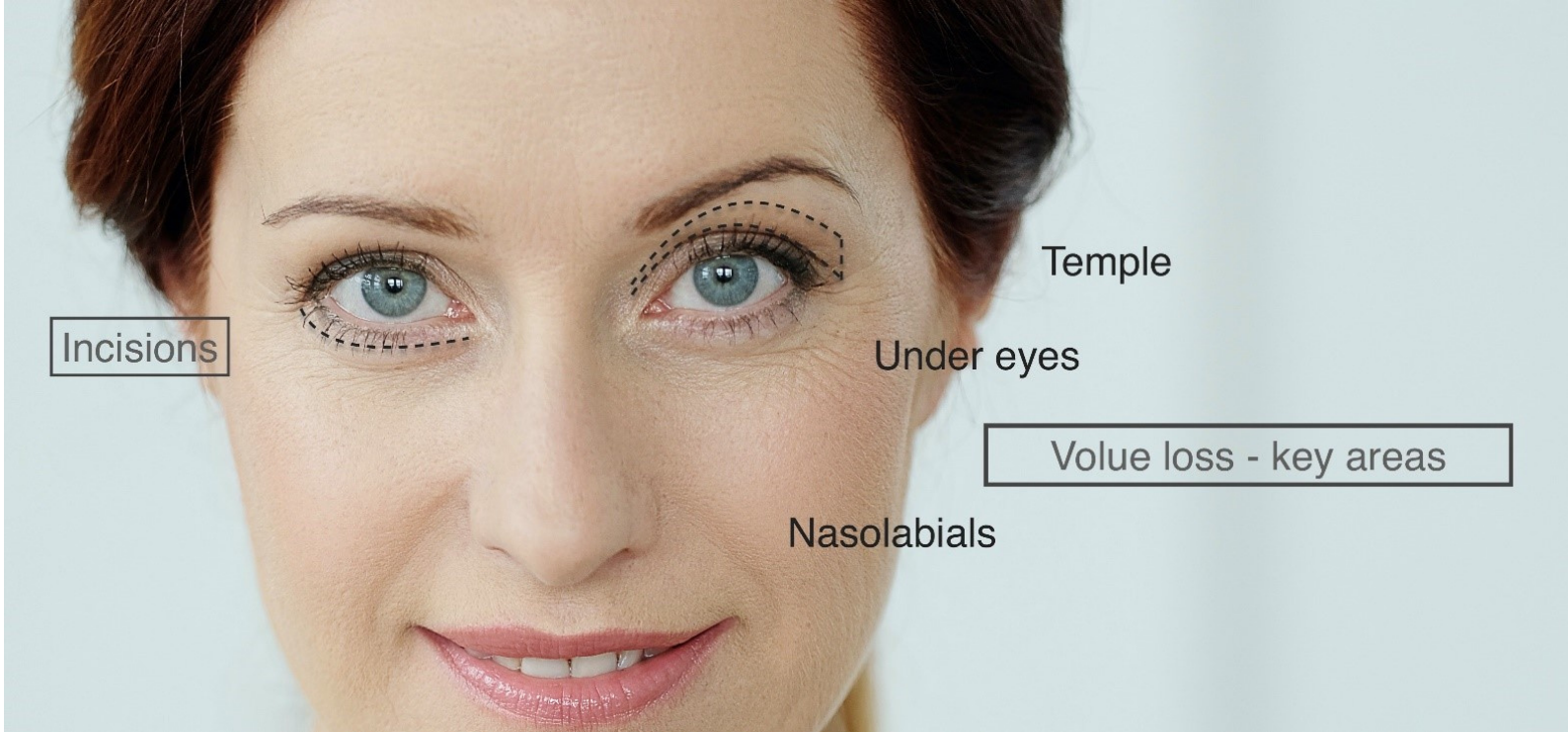
Attractive eyes

A study found that men and women rate a person's eyes more importantly than other facial features when seeking for a potential partner.

Men, when observing a female face, said that the most important part of a female's face are the eyes with lesser attention paid to the nose and lips. Meanwhile, women, when observing a male face, said that eyes and hair are most important features.

At Esmee Clinics, we aim to promote the following features through our Eyelid Surgery with outcomes unique to each individual:

- Highly visible upper eyelid crease – Should run parallel to the eyelash line and reflects the sign of vigour and youthfulness
- Absence of puffiness in the lower eyelid.
- Brow – Well-groomed high arching brow which are tailed or straight instead of descending down, giving a sombre and sleepy appearance.
- Fat – having the right amount of fat in the eyelids is very important. The outer quadrant of the upper eyelid on the orbital rim should be full. Too much or too little fat is undesirable.



The tired look

Aged eyelids –

Eyelid skin starts to sag with age and hormones past 35-40 years of age depending on your ethnicity and lifestyle factors. With advancing age and menopause, the fat deposits behind the eyelid muscle lose support and push through the muscles to stretch the overlying skin.

Hooded eyelids and/or eyebags in the lower eyelid can make you look tired, and pre-maturely aged.

Eyelid Hoods – When the upper eyelid loses its structural support (collagen) and elasticity with age and sun damage, they begin to hang down into folds. This makes your eyes smaller and in advanced cases, peripheral vision may be affected.

Eye Bags – This applies to the lower eyelids when the skin and muscle sags along with some fat pushing the skin to form lumpy eyebags under the eyes.



Younger Eyelids

It is quite common for women and men to have drooped upper eyelids or lower eyebags.

This can occur from adolescence.

This is genetic in nature and can be rectified with early intervention. The eyebags can be approached from inside the lower eyelid with a scarless surgery and no external scarring.

What are Esmée Eyes?

This is Esmee Clinics signature offering. It relates to 'complete midface rejuvenation' and involves a bit more than just a blepharoplasty. This is a combination of 2-3 small procedures that we customise after studying your facial features to achieve a pleasing facial rejuvenation that makes you look 10-15 years younger.

Blepharoplasty alone can change your look dramatically, but when this is combined with some smaller, less invasive procedures, the outcomes are far superior and give you the best possible permanent rejuvenation solution. This may include shaping your brows or adding micro fat and nano fat to the lost volume of your temples and eyelids or plumping up your tear troughs with permanent micro fat grafts



The procedures may or may not be offered at the same time depending on:

1. Stage of ageing
2. Degree of wrinkles
3. Skin excess and most importantly
4. Your budget

Please CALL to know about ESMEE EYES.

Please visit the link to know more about Facial MFG

How do you know you need a Blepharoplasty?

Injectables, Thermage, and other skin tightening devices has a role to play on and around the eyelids up to a certain stage of ageing. It becomes imperative to know at what stage these options have minimal to no effect on the sag of excess skin and drooping fat.

When skin folds or a sag still annoy you after a few weeks of doing a non-surgical procedure, it's time to think about a more definitive answer – A Blepharoplasty.

Blepharoplasty is a quick 45 min day procedure performed under local anaesthetic. It is the best available one stage procedure with one of the highest patient satisfaction rates and with outcomes that last for 15+ yrs. Modern equipment, surgical magnification devices and needle tip pencil diathermy/ lasers have reduced the downtime to just 7-10 days.

CLICK HERE



Type of Blepharoplasty

The surgery varies depending on the deformity you have.

1. Pinch Blepharoplasty – For Mild deformity alone.

Mild deformity is manifested by an early SKIN LAXITY ALONE WITH no muscle involvement. Only the skin is removed.

- 30 min office procedure to excise the redundant skin only under LA.
- 2-3 days downtime
- younger ones who want to slow down the ageing as best as they can

2. Flap Blepharoplasty – For Moderate deformity.

Moderate deformity is both, stretched skin and muscle with or without a lower eyelid ligamentous laxity. Needs a skin and muscle excision with resuspension of ligament.

The excess skin and muscle are elevated as flap separated from the orbital septum. The excess skin + loose muscle is excised, and the remaining flap is redraped to maintain a youthful contour. The ligament laxity if present is also addressed by suspension sutures laterally to the bone.

- 45- 60 min office procedure to remove skin and muscle
- 5-7 days downtime
- 35 years onwards and some younger ones with genetic hooded eyelids

3. Full Blepharoplasty – This is for Advanced deformity.

Advanced deformity is having all elements along with fat herniation and needs a Full Blepharoplasty. Skin and muscle are excised as above. Fat compartments are examined for excess fat which is then partially removed. Care is taken to retain part of the fat cushion. Part of the fat is also redistributed to fit well into their respective fat compartments to maintain good contour.

- 60-75 min office procedure
- 7-10 days downtime
- 45 yrs. and onwards

4. Canthoplasty – This is a procedure performed as a part your 'lower' eyelid surgery to tighten the loose ligament depending on individual case. This helps the outcome of the lower eyelid surgery to be more permanent by resuspending this loose ligament.

Local Anaesthetic VS General Anaesthetic

At Esmee Clinics we agree with the popular belief that Eyelid surgery SHOULD be done under local Anaesthetic with the patient awake.

Eyelids are highly dynamic structures. The Surgeon is in better control in estimating the muscle and fat readjustments during the surgery when you are awake and help him to adjust and alter this by opening and closing your eyes when asked for. Under general anaesthetic closed eyes significantly restricts the surgeon as the eyes cannot be opened. The snipping of v muscle and fat compartments rely only on a vague judgement and the outcome may be less than ideal.

All types of upper and lower eyelid surgeries can be safely done under Local Anaesthesia and are completely painless.

Other advantages of local anaesthetic:

- Reduces anaesthetic risk to zero
- Day procedure
- More precise as results can be assessed by the patient and adjustments can be made
- Certain heart or other disease conditions when GA is unsafe
- Huge cost savings

Although we offer oral antianxiety medication before the procedure, certain situations where GA is more appropriate are:

- Severe anxiety
- Severe needle phobia
- Patient wishes

WHAT IS MY COST?

Local Anaesthetic procedures are growing immense popularity because they are quick, convenient and affordable.

The Range of costs for Blepharoplasty at Esmee Clinics is as under:

UPPER EYELIDS

- Pinch Blepharoplasty – \$2500
- Full Blepharoplasty - \$2900 – \$3300

LOWER EYELIDS

- Pinch Blepharoplasty – \$2900 2.
- Full blepharoplasty – \$3300

LOWER EYEBAG SURGEY

- Eyebags (1.2 cm) – \$3500-\$3700
- Eyebags > 2 cm – \$3900- \$4200

CANTHOPLASTY (if needed) - \$400 added

Costs vary depending on what is suitable for your situation

So, if you're ready to take the plunge, you just need to follow 3 SIMPLE STEPS

STEP 1 – Get a Free Photo Quote in 24 hrs

STEP 2 – Book a Facetime or in person consultation

STEP 3 – Book a procedure (from within 2 wks. of the consult)

Before taking the first step we recommend you get familiarised with the detailed information about eyelid surgery on this website link of Esmee Clinics.

CLICK HERE





Step 1 - What is photo quote?

At Esmee clinics we like to keep things simple, convenient and transparent.

Efficiency - We want to save both, your and our time and money by cutting down travel, multiple consultations and wasted day offs from work by a FREE PHOTO QUOTE option.

What does it tell you?

A Non-Obligatory Online Photo Quote tells you about –

1. Stage of deformity and the recommended procedure
2. Surgical time
3. Fixed cost that is all inclusive
4. Downtime

The photo quote option does not replace an in person face to face surgical consultation which includes a detailed medical examination. This helps you to arrive at a decision whether this is something that you would consider to do

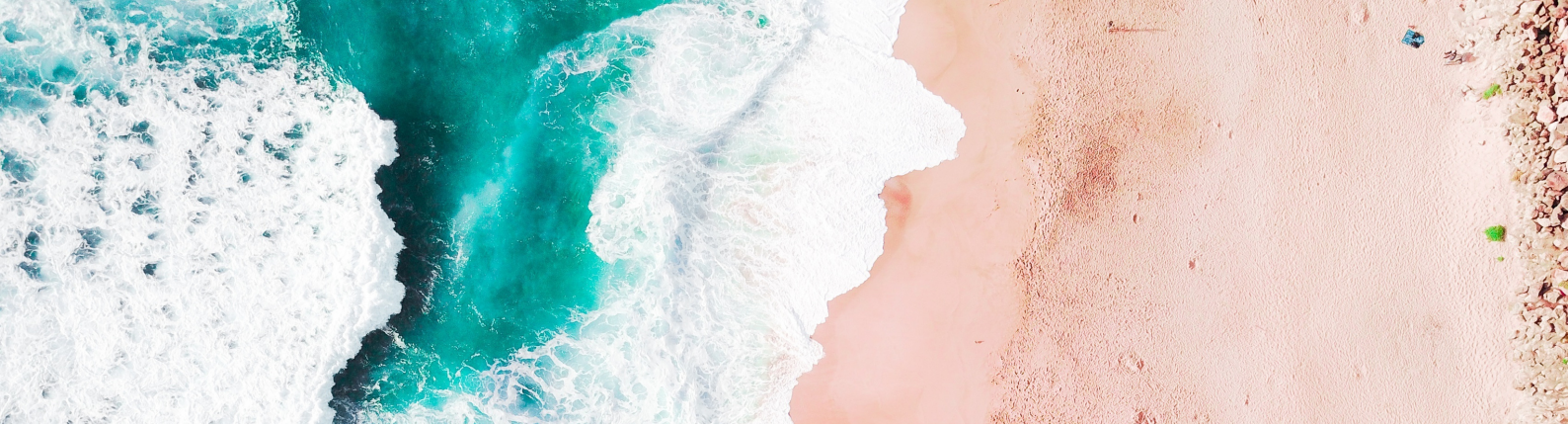
Reliable –

Photo Quote is much more than a rough guide. This is a FIXED PRICE not subject to change. As long as all medical information is revealed to us that is relevant to your procedure this will be honoured.

Please reveal all necessary information, which may affect the intricacy of the surgery or surgical time, for example: Filler under the eye gone wrong / another procedure on the area was done with unsatisfactory outcome / blood thinner medications not stopped. Any unrevealed information may change the pricing.

All Inclusive Fee.

The quoted cost is all inclusive and includes the Surgeon & Anaesthetic fee + Facility fee + Consumables + 6 weeks of follow up as needed. If you wish to go under General Anaesthesia, the added hospital cost will be different and will depend on which hospital you choose.



Step 2 – Consultation

Is consultation free?

We do not offer free consultation because -

- We are experienced. Our Surgeon has 18 + years of surgical experience. His time with you can help you understand all aspects of Facial Aesthetics.
- Our patients tell us that some practices lure you in with a complimentary (free) consult and then quote you much more. At Esmee Clinics, you already know your price from your photo quote. The consultation is time for you to get to know the surgeon and vice versa, understand recovery and risks in greater detail and build a relationship with your surgeon, which is the first step towards a better outcome and patient satisfaction.

How much is the consult fee?

\$150 paid upfront.

Facetime Consultation?

Yes, we offer Facetime Consultations.

Regulations want cosmetic surgeons to offer a second consultation for all cosmetic surgeries after a cooling off of 7 days. It is a requirement that one of the two consultation has to be an in person for medical examination.

Step 3 - Book a procedure

If you are happy and all your concerns are addressed, you need to sign an informed consent for the procedure with the surgeon.

Payments are upfront for any cosmetic surgery procedures in Australia. Once they are cleared, our friendly secretaries will take you through the whole process



Planning for a procedure

Cosmetic surgery is not just a onetime experience. It is a journey. A journey that may be very new and daunting to many of our patients. We ensure that we will walk beside you for support, until you are fully recovered.

Before the surgery

This is a 'to do' list before your eyelid procedure. Please read it and take the time to clarify if you have any questions or comments

- It is normal to be anxious before any procedure. You may request a light anti-anxiety medication from reception staff upon arrival if you feel as if you will need it.
- Please stop any blood thinning medications at least 14 days before the procedure. Herbal tea and green tea are best avoided also.
- Have good sleep. Have a good size meal and be hydrated before the procedure.
- Procedure takes around 1- 1.5 hrs but allow 30 mins before and after that.
- As per our infection control policy you will be required to change into a patient gown. No one except staff is allowed in the procedure room.
- You will need someone to pick you up after the procedure.
- We will serve coffee or juice along with biscuits as per your request.
- Please bring with you
 - Sunglasses
 - Hydrating eye drops from any chemist
 - Nurofen tablets
- You will be given a complementary iced eye mask at reception to comfort post-op pain and swelling.
- Every effort is taken to maximise safety while balancing patient convenience.

After the surgery

Please read this before you leave and clarify any questions with our staff before you leave

- You will have thin sterri-strip tapes on your eyelid scar after the procedure. Keep it dry for 3 days. They can come off after that in a shower and the suture lines can be wet.
- You will be prescribed a light anti-anxiety - sedative tablet (Temazepam 10mg) for the first 2 nights that will help you go asleep.
- Ensure you take your antibiotics and analgesia as prescribed.
- Hydrating eyedrops 4 times a day will soothe your eyes and make them less itchy.
- Pain - Slight discomfort for 48- 72 hrs is expected. Pain medications prescribed should manage pain.
- Swelling and bruising will peak at 48-72 hrs before starting to subside. Bruising is normal for 5 days and more for the lower lid component. Cold compresses will help for the first 24 hrs to reduce swelling and bruising.
- The sutures will come out day 7-8 days unless they are dissolving.
- Makeup / sunscreen is to be avoided for 10 days. Apply sunscreen thereafter to avoid pigmentation.
- Gentle scar massage to begin after 3 weeks.
- You will have a follow up appointment in the clinic in 7-10 days

Most importantly, if you ever have any questions, please just give the Esmee Team a call on 02 9455 7536 or 0412 110 849.

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